

Summer is coming soon! Look inside for the Annual Farmington Valley Acoustic Festival (page 17) plus new programs such as Orienteering (page 14), Kids in the Kitchen (page 25), and Adventures with Mike (Page 25)



SUMMER/AUTUMN 2024

# Winding Trails Newsletter



Fostering a Love for the Outdoors • Developing Leadership and Life Skills • Creating a Sense of Community





Dear Friends,

Spring is a beautiful season with the sprouting of new plants and new leaves on the trees. It is also a time when many of our woodland animals give birth and if you are lucky, you may see one while out hiking our trails. This season is a time of change and as you return to Winding Trails you will see a lot of changes. These are related to the Grille and Facilities Campaign that we launched late last year.

In the fall, we completed installing the post tension concrete deck for our new pickleball and tennis courts. We were also able to install fencing, the sidewalk, and retaining wall. All that is left to do is some landscaping, coating/stripping of the courts, and installation of the nets. The coating cannot be done until late May when temperatures are warmer. These new courts will be welcomed by pickleball and tennis enthusiasts alike.

The other major project involves the construction of a new Grille and Lakeside pavilion at the beach. This project has been planned for over three years and we were able to break ground last December. The Grille has been constructed with the interior work being done right now. This new building will improve food service and efficiency. It is designed to match the aesthetics of the Main office and the Boathouse pavilion. The Lakeside pavilion has also been erected. This 36' x 54' space includes an annex with a covered 15' x 20' stage. This space will be a great spot to enjoy a meal from the Grille with your family. It will also be the new home for our Acoustic Nights and Festival along with other events and programs. The location of this pavilion gives us additional picnic space on the grass in front of the stage. The whole area is being graded and will be tied together with new sidewalks and be handicap accessible. Anticipated completion of this project is early May.

As we move to our busy summer season, we hope you all enjoy the park, our programs, and these new facilities. We also ask for your patience and understanding with each other, our staff, and your own family. Life continues to be crazy, and dozens of events occur daily that weigh negatively upon each of us. Winding Trails should be your happy place. A place where you can leave the chaos of life, unwind, and relax. A place where you can enjoy the solitude of nature alone or with family and friends. It should be a place that rejuvenates you, feeds your soul, and brings you closer together.

Please take the time to read the articles and program offerings in this newsletter. Keep in mind registration for programs will open roughly the first of each month prior to the start of the program. Also be sure to check the website and our emails as new programs may be offered after this printing.

On behalf of our staff and the Board of Directors, I want to thank you for your support. We all work hard to keep improving this organization and would not be able to do so without you. We look forward to continuing to serve you. If you have any questions, concerns, or suggestions, please don't hesitate to contact me.

Sincerely,

Scott Brown, CPRP  
Executive Director

**WINDING TRAILS 2024 BOARD OF DIRECTORS**

- |                                  |                  |
|----------------------------------|------------------|
| Jonathan Chaia, <i>President</i> | Colette Fennessy |
| Reem Nouh, <i>Vice President</i> | Donna Hamzy      |
| Tim Roy, <i>Treasurer</i>        | Steve Juers      |
| Wendy Ku, <i>Secretary</i>       | Alex Kushnir     |
| Tom Atkins                       | Alana Ledford    |
| Stacie Aubrey                    | James Sullivan   |
| Chris Chisholm                   |                  |

**WINDING TRAILS 2024 COMMITTEE MEMBER VOLUNTEERS**

- |                         |                   |                    |
|-------------------------|-------------------|--------------------|
| Kristen Burns           | Joy Fausey        | Jeff Rogers        |
| Kerry Callahan          | Collette Fennessy | Tom Roy            |
| Justin Carbonneau       | Patrice Freeman   | Shannon Rutherford |
| Jill Clark              | Emily French      | Betsy Sargent      |
| Sal Corio               | Stephen Frenkel   | Danitza Sieklicki  |
| Brian Cunningham        | Patty Lavendier   | Greg Sieklicki     |
| Elizabeth Daly-Standish | Rob Low           | Tiffany Smetak     |
| Cedric DeLaCruz         | Alison McVeigh    | Rob Tacinelli      |
| Kate Doemland           | Scott Muska       | Danielle Truncali  |
| Lisa Duquette           | Pam Nahorniak     | Jon Wu             |
| Aliza Elwell            | Jim Platosh       |                    |
|                         | Rania Rifaey      |                    |

## LOOKING FOR VOLUNTEERS TO SERVE ON THE BOARD AND COMMITTEES

Winding Trails is a nonprofit organization that relies upon volunteer members to help provide governance for the organization. In addition to the Board of Directors, there are six committees that work to provide strategic, fiduciary, and generative oversight for the organization. Each year, we look for new members with diverse backgrounds in age, gender, ethnicity, and interests to serve on the Board of Directors and various committees. Time commitment varies depending on the position. If you feel you have skills in fundraising, strategic planning, construction, human resources, insurance, engineering, finance, recreation, environmental issues, sustainability, or other pertinent areas that would be of help to us, please contact Scott Brown, Executive Director at (860) 677-8458 ext. 18. Help make a difference in your facility.

## ANNUAL LAKE TREATMENT

Dunning Lake is one of our most precious resources at Winding Trails. Each year we monitor the health of the lake by conducting water tests, inventorying plants, etc. The lake currently has several species of invasive plants that we are controlling through a CT DEEP state permitted weed treatment. As a result, Dunning Lake will be closed on Wednesday, June 12th at 5:00pm and potentially Monday, July 15th at 5:00pm for our annual treatment. The lake will be open the following day after this application. We apologize for the inconvenience.

## GUEST FEES

Guests of members must be registered online at [windingtrails.org/guests/](http://windingtrails.org/guests/). These guests must park outside the main gate and ride into the park in the member's car. Guest fees are \$7.00 for adults and \$5.00 for children ages 3 to 15. Discounted guest books are available at the front gate or in the main office.

## MAIN OFFICE HOURS

The main office is open 8:30am – 4:00pm Monday through Friday. The main office will be closed on Memorial Day, Monday, May 27th and Thursday, July 4th for Independence Day. If you miss the office hours, you can always use the convenient Drop Box slot next to the office door.

## PARK HOURS

The park will be open daily from 8:00am to dusk. Swimming is available beginning Saturday, June 1st to Wednesday July 31st from 10:00am to 7:45pm and from Thursday, August 1st to Monday, September 2nd from 10:00am to 7:30pm (depending on staff availability). The gate locks promptly at dusk. *(Please refer to your membership handbook for policies and regulations or our website [windingtrails.org](http://windingtrails.org) on the Membership page).*

## THE GRILLE HOURS

The new Grille is located just west of the Dunning Lake Bathhouse. It is open on June 1st, 2nd, 8th, and 9th. It will be open 7 days a week starting June 15th – August 25th. The Grille will be open the weekend of August 31st – September 2nd depending on staff availability. The Grille hours are from 11:30am – 7:00pm. *(It will also be open until 8:30pm on Acoustic Nights)*

## NATURE PORCH HOURS

Nature's Porch is located on the eastern shore of Walton Pond and offers nature-themed "drop-in" activities during the hours that it is open. Nature programs, from birdwatching to walks to fishing classes and more, are offered for families and individuals on many weekends so check the calendar for program dates. The large front porch and its inviting chairs are available anytime during park open hours. Visit us to explore this portion of the property!

Dates: . . . . . Saturday & Sundays, April 27th – September 29th  
 Times: . . . . . 12:00 pm – 5:00 pm

## WINDING TRAILS STAFF • (860) 677-8458

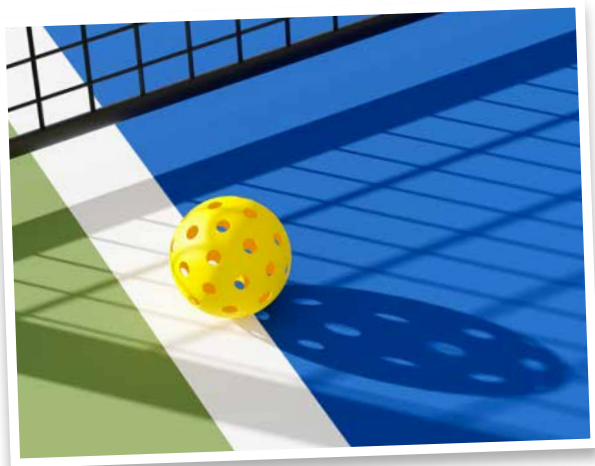
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Camp Administrator	Renee Felter	Ext. 12	<a href="mailto:renee@windingtrails.org">renee@windingtrails.org</a>
Recreation Supervisor	Shawn Hussey	Ext. 13	<a href="mailto:shawn@windingtrails.org">shawn@windingtrails.org</a>
Outdoor Adventure Coordinator	Mike Trevail	Ext. 14	<a href="mailto:mike@windingtrails.org">mike@windingtrails.org</a>
O.A. Corporate Trainer	Lisa Cheney	Ext. 14	<a href="mailto:lisa@windingtrails.org">lisa@windingtrails.org</a>
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Park Director	Bryan Martin	Ext. 21	<a href="mailto:bryan@windingtrails.org">bryan@windingtrails.org</a>
Camp Director	John Myska		<a href="mailto:john@windingtrails.org">john@windingtrails.org</a>
Park Maintainer	Anthony Baio		
Park Maintainer	Sam Dougherty		
Park Maintainer	Kyle Harding		
Park Maintainer	Nicholas Voitkevics		



### FISHING ON DUNNING LAKE

Dunning Lake is open for fishing year round with the exception of Monday, April 1st to Friday, April 5th. This week is closed to give the fish from our annual stocking an opportunity to acclimate to the lake. *(Please note we will be holding the Children's Fishing Derby on Saturday, April 6th from 8:00am – 10:00am.)*

Members 16 years of age and older must have a valid CT fishing license. To help with the health of our fish population and the enjoyment of all fishermen, we encourage you to "catch and release." If you do intend to take the fish, you are limited to three trout or bass per day. If you bring a guest, you and your guest are limited to five trout or bass per day. There is also a size limit on bass, 12" - 16" bass are in the protective range and must be released. Only one bass over 16" may be kept each day.



### PICKLEBALL AND TENNIS INFORMATION

We are hopeful that our new courts will be ready for use in early June. We will be sure to send an email once they are open. Once open, the tennis and pickleball courts will be available on a first come first serve basis. The hours will be from 8:00am to 7:45pm. Time limit per court is one hour unless no one is waiting to use them. Tennis camp will be using both tennis courts between the hours of 9:00am to noon the week of June 24th – June 28th and July 29th – August 12th. The temporary pickleball courts (located at the far end of the courts) may occasionally be used by the summer day camp program Monday – Friday from 10:00am to 3:00pm, June 24th – August 16th.

### CALLING ALL PICKLEBALL ENTHUSIASTS

Interest in this sport continues to surge across the country. We have three permanent pickleball courts and three temporary courts. We have had interest from some members about meeting other pickleball enthusiasts. If you have an interest in finding others to play, you can download the TeamReach app on your phone and enter the code WTPicklePlay. This will give you access to others members looking to find people to play with. Also please look in the program section of this newsletter for specific times that you can join our "Drop In" programs.

### NO SMOKING POLICY

If you are a smoker and must smoke on property, we ask that you do not smoke on Dunning Lake beach or in the picnic area. Smoking will be permitted north of the wooden guard rail fence. We ask for your cooperation in complying with this policy.

### BOAT RENTAL FEES

Boat rentals are open every day from 11:00am to 7:00pm from June 1st until September 2nd. Anyone under the age of 8 and not at least a level 4 swimmer must be accompanied by an adult. All boaters must wear a life jacket, which is included in your rental.

Boat Rental Passes are available for purchase online under the program registration page! Get \$50 worth of boat rentals for \$40 or \$20 worth of boat rentals for \$15. Rental fees are as follows:

Canoes.....	\$4.00 per hour
Kayaks.....	\$4.00 per hour
Standup Paddleboards.....	\$6.00 per ½ hour
Sailboats.....	\$7.00 per hour



### OVERNIGHT CAMPING

Did you know that members of Winding Trails can camp overnight at the designated camp areas on weekends from May–October? This is pack in/pack out camping, meaning you park in the lot and transport your gear to the site using our pull carts. There is a fire pit, picnic table, grill and a Sani-Can all on site. We also keep the camp bathhouse, with hot showers, open for your convenience. The camping areas are intended for tents only. Your vehicle must stay in the parking lot. Due to popular demand and limited sites, families may book two nights a season. Please observe quiet time from 9:00pm–9:00am. Please contact Bailey Dailey at Bailey@windingtrails.org for reservations.

Members Fee: .....	\$15.00 per family
Guests of Members Fee: .....	\$25.00 per family

### DISC GOLF AT WINDING TRAILS

Check out our disc golf course located on our trails surrounding Nature's Porch! There are nine holes in total and the course runs counterclockwise down Canal Trail to Skater's Loop, back to Roosen's Run ending on Pond Trail. The first hole tee begins just over the bridge at Walton Pond near the Archery range. You are free to play any time that the summer day camp is not in session. Bring your own discs.







THIS MAP IS NOT TO SCALE



# Adventure Education Expands to the Corporate Market

**W**inding Trails offers a number of experiential learning opportunities to individuals of all ages throughout the year. Our Adventure Education program encompasses a wide range of teambuilding activities including low ropes, high ropes, field games, raft building, and more. Traditionally this program has been used by schools and now we are expanding to corporate and adult groups. Companies, not-for-profits, colleges, and universities are invited to work on enhancing their team skills and improving organizational culture by challenging participants on our low ropes course, our climbing tower, or stand-alone high climbs. For groups that seek an even greater challenge, we offer the Odyssey, a Coast Guard inspired two level self-guided climbing tower half the size of a football field!

If your group is looking for some fun and friendly competition, we offer Corporate Recess. Our raft build program encourages teams to build a raft using only designated supplies that upon completion will float and can navigate a marked course. We also offer Shipwrecked!, a corporate recess that encourages teams to cooperate as they learn to build a shelter, start a fire to boil water, and “catch and release” a fish using only what they are given at the start of the competition.

If you are interested in finding out more about our programs, or you would like to book your group, please feel free to reach out to Lisa Cheney, our Corporate Trainer. She can be reached at (860)-677-8458 ext. 14 or by email at [lisa@windingtrails.org](mailto:lisa@windingtrails.org).

Growing up in rural New England, Lisa developed a deep appreciation for the great outdoors at an early age. While working as a corporate trainer for GE Capital, she discovered adventure education and fell in love with the way the model facilitates the building of healthy communities. Since then, she has spent over 30 years working on challenge courses throughout New England facilitating students from kindergarten through college, adult learners, and diverse populations. Lisa is well versed in teaching team skills, community development, personal growth, and diversity. She is excited about her new role as Corporate Trainer at Winding Trails and is looking forward to helping the organization fulfill its mission to “foster a love for the outdoors, create a sense of community and develop leadership and life skills.”





## DONATE ONLINE!

Each year Winding Trails mails a Trails Fund solicitation to all our constituents looking for donations. This is our one formal plea and takes place in late March; however, we do welcome your donations all year long. It is easy to support Winding Trails with a tax-deductible donation. You can visit [windingtrails.org](http://windingtrails.org) and click on the DONATE button to make an online donation. You may choose to support our campership program, the environment, Grille and Facilities improvement, or general support.

We also have an endowment fund if you would like to consider making a planned gift or bequest. For further information on our endowment, you can go to our website and click the Donate Now button. As always, your donations are greatly appreciated.



## 2025 ONLINE MEMBERSHIP RENEWAL — DON'T MISS OUT

Winding Trails offers membership renewal online. This process is extremely easy and should take less than 5 minutes. You will be able to renew your membership starting on October 1st. We will provide you with reminders via email, text, and these newsletters. Please make sure we have your current email address on file so you don't miss out on renewing. You will need your membership number (which you can find on your sticker) and your last name in order to log into your member account and renew.

If you prefer not to renew online, you will need to call our office so we can mail you the membership form. Keep in mind, you must rejoin by December 31, 2024. Winding Trails' membership quota fills every year. Dozens of members miss out on the coming year because they miss this deadline. Don't let this be you! Any questions about renewal, please contact Kim Kowalski at [kim@windingtrails.org](mailto:kim@windingtrails.org). *Deadline for renewal is December 31, 2024 and this is strictly enforced!*

# Camp Corner BY JOHN MYSKA



As I write this, the signs of spring are all around. The singing of birds, flowers pushing up towards the sun, and the interviews of our summer staff. The success of our summer program hinges solely on hiring the "right staff" to interact with our children and ensure they have a safe and enjoyable experience. This year we are pleased to say that we have been able to recruit and hire enough lifeguards to bring back our traditional swimming lessons. Learning to swim is a life skill everyone should have and we are thrilled to be able to have this back in our program.



Settling into my second summer as Camp Director, I am excited at all the preparation that our leadership team has done to make this coming summer great. One of my favorite things about Winding Trails is its ability to improve and evolve with the best interests of the campers in mind. This year we will have many new improvements to our program areas such as a new Gaga pit in the middle camp area, new boarders for our street hockey area, and the new and improved pickleball courts. More importantly we have a high percentage of our staff returning which makes for a stable program and familiar faces for your children. We often get so caught up in the hustle and bustle of life, we forget to stop and listen to those birds or smell the flowers I mentioned earlier. Camp is a place to explore the environment around us and experience nature. Sometimes it's catching their first fish, hitting their first bullseye, or creating a friendship bracelet at arts and crafts. Other times it's about teamwork, self-challenge, or making new friends. It's also a chance to find that perfect counselor or CIT that our campers can look up to.

One of the questions we ask during the interview process is "What does it take to be a good counselor?" Patience, flexibility, understanding, fun, enthusiasm, good listening, communication, friendly, safety minded, respectful, responsible and caring are the ones that float to the top of the list. These are the characteristics that many of our staff witnessed as they rose through the units here as campers. In lower camp they got to sample all the wonderful activities camp has to offer. In middle camp they get to start flexing their independence with a taste of being able to choose some of their activities in our elective program. By upper camp they are given opportunities to pick almost their whole day as they continue to grow and strengthen the relationships they started so many years ago. Then it's time for a final round of "Happy Trails" on their last day as a camper in the amphitheater. It is then that many of them look to join our CIT program where they talk about the qualities that make a great counselor and all the stories of their counselors and how they want to share those same moments with the next generation. It has been a privilege to see how the facility has grown and improved over the years, but it is those stories from our staff about the life-changing experiences they had at camp interacting with your children that is truly at the heart of Winding Trails Day Camp.

Happy Trails!

*P.S. Don't forget to ask your campers what their favorite part of the day was.*





# Exciting New Happenings at the Trails

If you have not been to the Trails since last summer, you are going to see some major changes. We have replaced our Tennis and Pickleball courts as well as constructed a new standalone Grille and Lakeside Pavilion. These are needed updates that will enhance the Winding Trails experience. First and foremost, we moved the Grille out of the bathhouse. The original Grille was built over 25 years ago and was a hybrid of deck cooking with some limited inside food space. While we made the original Grille work, sometimes better than others, the thought of having a redesigned and updated kitchen is very exciting. We are hoping that the customer experience is enhanced and improved for everyone. The new Lakeside Pavilion is replacing the 40-year-old Roosen's Roost Pavilion which was named for Henrietta Roosen and her daughter Heidi Roosen-Martin. Both women served extended periods as Executive Directors and were influential in setting the foundation for the success at Winding Trails. This new pavilion will mirror the design of the Boathouse Pavilion with one additional advantage. There will be a 15' raised stage that will provide a beautiful view of the lake and picnic area. This space will also be the new home for our acoustic events and numerous other programs. You will notice that a number of trees had to be removed to complete this project. Winding Trails tries to minimize this practice, but after several outside opinions on the health, resiliency, and likely survival of those trees, they were removed, and new trees will be planted.

The other update you will notice is the replacement of our 30-year-old asphalt tennis and pickleball courts. These courts' popularity has grown significantly in the last few years and maintenance on the old courts was getting very expensive.



The new post tension concrete courts will be a welcome addition. This area will now host 2 tennis courts, three permanent pickleball courts, and three temporary pickleball courts (to give the camp program space for other activities). All these projects are scheduled to be ready for June 1st.

These endeavors have taken substantial financial resources, and we need your support. To those of you who have already donated we say THANK YOU! We hope that others will be able to support these improvements as well. You can mail a check directly to Winding Trails or donate online at [windingtrails.org/donate](http://windingtrails.org/donate)





## THE WINDING TRAILS' VIEW! BY MARK DALE

I was standing on the beach during one of those warm, winter days thinking about how I missed the excitement and energy of the beach during the summer. As a staff member, I have had the pleasure of witnessing and experiencing it for years. Then I looked back at the beach with the woods in the background and thought, what makes Winding Trails unique, special, and even at times magical?

The answer was simple: it is you, our members! It seems that all our members share five traits that make this place special. I do not know how it is learned or passed on, but somehow they are. Those traits are:

1. Everyone comes to the Trails to enjoy, relax, and have fun.
2. Most people leave the world's problems at the gate.
3. Everyone cares about all children and watches out for their safety.
4. The vast majority of our people are kind, tolerant, and patient with others sharing the same space.
5. Everyone loves the outdoors, the community, and the life experiences gained here.

As the world seems to be throwing more challenges into our daily lives it is good to remember there is a place to spend time with family and friends to connect, recharge, and enjoy. Keep up the good work and have a great summer!

**PLEASE REMEMBER  
TO RECYCLE!**



## DUNNING LAKE HAPPENINGS

Dunning Lake is arguably Winding Trails most important resource. Each summer it attracts thousands of members and campers to its shores to cool off, catch some sun, and have fun. It also is a main attraction of numerous waterfowl like eagles, ducks, and Canadian geese. Over the years, our relationship with the Canadian geese has been contentious. Canadian Geese are beautiful birds that mate for life, are communal, and are quite smart. It is quintessential to New England to look up in the spring and fall and see an echelon of geese flying in a V or J formation as they honk and migrate North or South. On a long migration, the V formation allows all the birds to see and hear what is happening and the birds will take a turn as the lead bird which provides a slight up draft and easier flight for the birds behind them, truly a remarkable sign of ingenuity in nature. However, we like the migrating geese better than those that take up residence at Dunning Lake for the summer. There are three problems with the resident geese. First, they are messy and poop all the time and everywhere. It is our number one complaint by members. They will ask us "Can't you do something about the geese during the summer?" They leave their calling card on sidewalks, picnic areas, and swimming docks. Over the years, we have tried all sorts of "humane" tactics to combat this problem. These have included strobe lights, whistles, pinwheels, and decoys. None of these have been very successful, until now!

We would like to introduce the Goosinator! This is the latest invention used across the country to combat this problem. It is basically a high-powered RC vehicle that can go on land and in the water. It was designed by a gentleman in Colorado with consult from Cornell University. The vehicle has a foam chassis that looks like a large orange predator with gnarling teeth. It has a propeller in the front and is driven by a staff member with a remote control. The Goosinator is driven in a serpentine fashion towards the geese showing its profile. We have been using it throughout the spring and the geese definitely don't like it. Hopefully, our success continues through the summer.

In other Dunning Lake news, we know how much you and your families missed out on having swim lessons last year. This is a sentiment shared by us as well and we have been working hard to get certified instructors on staff to teach this summer. At the time of this printing, we plan on offering swim lesson for sessions 2, 3, & 4. That would be July 8th – August 16th. An email will be sent to members when registration is open.



### THE SCORE – CT'S OFFICIAL ROCK & FUN BAND!

The SCORE has been entertaining the young and young-at-heart alike throughout the region for decades. Playing your favorite hits from the 50's to today. This high energy group will be sure to have everyone dancing. Rain or shine. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Saturday, June 15th  
Time: ..... 6:30pm – 8:30pm  
Where: ..... Lakeside Pavilion  
Fee: ..... \$7.00  
Member Discount Fee: ..... Free  
Minimum: 20 ..... Maximum: 200



### TUESDAY NIGHT RACE SERIES

Our Tuesday night tradition continues from April to September here at Winding Trails. Winding Trails offers three race series, starting with our Mountain Bike Series we started last year, followed by our long-standing Triathlon Series, and ending the season with our Trail Running Series.

### TRI SERIES FREE DEMO DAY

Come and practice the Triathlon race courses. We will have swim, transition, run clinics, and a BLUE course mountain bike ride. Visit our awesome sponsors and learn about what they have to offer. Get your body ready for the season! This event is FREE! Helmets are required. *No registration required.*

Date: ..... Tuesday, June 4th  
Time: ..... 5:00pm – 7:30pm  
Schedule of Events will be announced in May!  
Where: ..... Transition Area (located by Walton Pond)  
Fee: ..... Free

### SPRINT TRI-TRAINING SERIES

The weekly triathlon series runs on Tuesday evenings at Winding Trails. This year's SPRINT distance series will again consist of a 1/4-mile swim in Dunning Lake, a 5-mile mountain bike ride (you must use a mountain bike ~ no hybrids), and a 3-mile trail-run through our beautiful woods. All ability levels are encouraged to come out and train in this friendly and fun environment. Helmets are required. Registration for Series Passes opens on May 1st. Weekly registration will open each Thursday before the race. *Weekly registration will close at 12:00pm each Tuesday.*

Date: ..... Tuesdays, June 11th – August 13th  
\*August 13th end-of-the-series party (free for those who participated in 5 or more races)  
Time: ..... 6:15pm – 8:00pm (Check in opens at 5:00pm)  
Where: ..... Tri Transition area (located by Walton Pond)  
Ages: ..... 10 and over  
Minimum: 30 ..... Maximum: 200

### TRIATHLON RACE FEES

FEES	PER RACE SPRINT	PER RACE TINY	SERIES PASS SPRINT	SERIES PASS TINY	MINI PASS (5 RACES)	TEAMS	KIDS RACE
Members	\$25.00	\$20.00	\$175.00	\$140.00	\$100.00	\$40.00	\$5.00
Nonmembers	\$35.00	\$30.00	\$245.00	\$210.00	\$140.00	\$50.00	\$10.00
Student	\$25.00	\$20.00	\$175	\$140.00	\$100.00	\$40.00	—

### SPECIAL THANKS TO OUR TRI SPONSORS





## TINY TRI-TRAINING SERIES

Our truly beginner Tri, consists of 1/8th mile swim, 3-mile ride (hybrid bikes are OK but mountain bike recommended) and a 1+ mile run. It is a great confidence booster for young and old alike. You start with this one and work up to the sprint distance. Helmets are required. Registration for Series Passes opens on May 1st. Weekly registration will open each Thursday before the race. *Weekly registration will close at 12:00pm each Tuesday.*

Date: ..... Tuesdays, June 11th – August 13th  
 \*August 13th end-of-the-series party (free for those who participated in 5 or more races)  
 Time: ..... 6:00pm – 8:00pm (Check in opens at 5:00pm)  
 Where: ..... Tri Transition area (located by Walton Pond)  
 Ages: ..... 10 and over  
 Minimum:10 ..... Maximum: 100



## KIDS TRI'S

What child doesn't love to swim, bike, and run? Your child will love these fun kid triathlons throughout the summer. Ages 5- to 7-year-olds swim 25-yards, bike a 1/2 mile and run a 1/2 mile. 8- to 10-year-olds swim 50-yards, bike 1 mile, and run a 1/2 mile. Swimming is along the shore, where everyone can reach the bottom. Bike and run are done on the peninsula near overflow parking. Come cheer on your family and friends! Do all three races and earn a free T-shirt! Helmets are required. *Registration will open on June 3rd for this program.*



**Session I:**  
 Date: ..... Tuesday, July 9th  
**Session II:**  
 Date: ..... Tuesday, July 16th  
**Session III:**  
 Date: ..... Tuesday, July 23rd  
 Time: ..... 4:00pm – 4:30pm (Check in opens at 3:00pm)  
 Ages: ..... 5 to 10 years old  
 Where: ..... Dunning Lake Peninsula area  
 Fee: ..... \$10.00 race fee  
 Member Fee: ..... \$5.00 race fee  
 Minimum: 20 ..... Maximum: 75



## TRAIL RUNNING SERIES

Do you love our weekly Tri Series? Why not continue Tuesday evenings with our popular trail running series. For 5 weeks on Tuesday nights, there will be a 5K course or a longer 10K course. This course meanders through our trails system with a combination of single track, hills, and open trails. Awards will be given out at the series finale. Registration for Series Passes opens on July 1st. *Weekly registration will open each Thursday before the race and close each Tuesday at 12.00pm.*

Date: ..... Tuesdays, August 27th – September 24th  
 Time: ..... 6:00pm – 8:00pm  
 Where: ..... Tri Transition area (located by Walton Pond)  
 Ages: ..... 10 and over  
 Series Pass Fee: ..... \$100.00  
 Series Pass Member Discount Fee: ..... \$60.00  
 Day of Fee: ..... \$25.00  
 Day of Member Discount Fee: ..... \$15.00

### SPECIAL THANKS TO OUR SPONSORS





### LITTLE KIDS EXPLORING NATURE

This summer and fall young children 6 years old and under with their families will join Miss Judy for a fun Saturday morning learning something new about the great outdoors. The program format is an introduction about the day's topic followed by a hands-on outdoor activity to try out what you learned. Dress for the weather with appropriate shoes or boots so you can be comfortable during all activities.

Each month, we will be exploring different locations as we discover the many animals and plants that make up Winding Trails' fields, forests, and water bodies. Observe birds and find out how they build their nests. Look for and catch fish that live in Walton Pond. Explore water through experiments and find out how water works in Nature. Learn which animals are making their way south. Discover how animals use the plants that are all around us for food and shelter. Finish up learning how animals get ready for winter.

All these activities and more are out there to explore! We look forward to spending an exciting summer and fall season with you. *Registration opens the first Monday of the month, prior to each program date.*

**Session I: How Birds Build Nests**

Date: ..... Saturday, June 8th

**Session II: Fish of Walton Pond**

Date: ..... Saturday, July 13th

**Session III: Let's Get Wet Exploring Water!**

Date: ..... Saturday, August 3rd

**Session IV: Migration to Warm Places**

Date: ..... Saturday, September 7th

**Session V: Plants - The Base of All Life**

Date: ..... Saturday, October 19th

**Session VI: Animals Get Ready for Winter**

Date: ..... Saturday, November 9th

Time: ..... 9:30am - 11:30am

Where: ..... Nature's Porch

Ages: ..... All

Fee: ..... \$25.00 per Family

Member Discount Fee: ..... \$15.00 per Family

Minimum: 3 Families. .... Maximum: 5 Families

### FAMILIES EXPLORING NATURE

This summer and fall families will join Miss Judy for a fun Saturday afternoon learning something new about the great outdoors. The program format is an introduction about the day's topic followed by a hands-on outdoor activity to try out what you learned. Dress for the weather with appropriate shoes or boots so you can be comfortable during all activities.

Each month, we will be exploring different locations as we discover the many animals and plants that make up Winding Trails' fields, forests, and water bodies. Observe birds and find out how they build their nests. Look for and catch fish that live in Walton Pond. Explore water through experiments and find out how water works in Nature. Learn which animals are making their way south. Discover how animals use the plants that are all around us for food and shelter. Finish up learning how animals get ready for winter.

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Date: ..... Saturday, August 3rd

**Session IV: Migration to Warm Places**

Date: ..... Saturday, September 7th

**Session V: Plants - The Base of All Life**

Date: ..... Saturday, October 19th

**Session VI: Animals Get Ready for Winter**

Date: ..... Saturday, November 9th

Time: ..... 1:30pm - 3:30pm

Where: ..... Nature's Porch

Ages: ..... All

Fee: ..... \$25.00 per Family

Member Discount Fee: ..... \$15.00 per Family

Minimum: 3 Families. .... Maximum: 5 Families







### ACOUSTIC NIGHTS AT WINDING TRAILS

Come and enjoy some great local music at Winding Trails overlooking beautiful Dunning Lake. This series will highlight some of the great local musical talent we have in the area. Each evening will showcase two performers. Performers subject to change. These programs will be held rain or shine. *Registration opens the first Monday of the month, prior to each program date.*

**Session I: Fred Gillen, Jr**

Date: ..... Friday, June 7th

**Session II: Corey Reiman**

Date: ..... Friday, July 12th

**Session III: Kurita Smith**

Date: ..... Friday, August 9th

**Session IV: Kate Prascher**

Date: ..... Friday, September 6th

Time: ..... 7:00pm – 9:00pm

Place: ..... Lakeside Pavilion

Ages: ..... All Ages

Fee: ..... \$7.00 for Nonmembers Adults  
 \$5.00 for Nonmember Children ages 3 to 15

Member Discount Fee: ..... Free

Minimum: 25 ..... Maximum: 300

### WINDING TRAILS SUMMER KICK-OFF

Start the summer off right! Join us for a traditional backyard cookout while you enjoy the nice weather and the sounds of summer provided by our DJ. Join in on our family activities including boating on Walton Pond, lawn games, music and more. This is a member only program. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Wednesday, June 26th

Time: ..... 6:00pm – 8:00pm,  
 dinner will be served 6:30pm – 7:30pm

Where: ..... Walton Pond

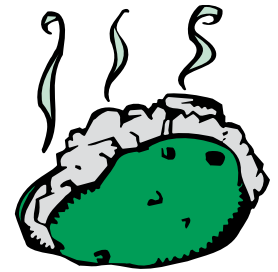
Menu: ..... Hot dogs, hamburgers, mixed vegetables,  
 potato salad, fruit salad, dessert, and beverages

Member Fee: ..... \$10.00 per person  
 Children 3 and under are free (*please make note  
 of how many children 3 and under*)

Minimum: 50 ..... Maximum: 200

### BAKED POTATO FEST

Winding Trails will once again be presenting the popular Baked Potato Fest. Bring the family and create your own luscious version of these meal-sized baked potatoes and join in the fun of dancing the Electric Slide, Chicken Dance and other fun dances. Give yourself a night out and join us for an evening at Walton Pond. This is a member only event. *Registration opens the first Monday of the month, prior to each program date.*



Date: ..... Wednesday, July 10th

Time: ..... 6:00pm – 8:00pm,  
 dinner will be served 6:30pm – 7:30pm

Where: ..... Walton Pond

Menu: ..... Garden salad, baked potato  
 (toppings: nacho cheese, shredded cheese, bacon bits, broccoli,  
 chili, sour cream, chives, butter), dessert, and beverages

Member Fee: ..... \$10.00 per person  
 Children 3 and under are free (*please make note  
 of how many children 3 and under*)

Minimum: 50 ..... Maximum: 200

### FAMILY BINGO AND PIZZA NIGHT

Bring your family out for a fun night at Winding Trails. Join us in the new Lakeside Pavilion for pizza and Bingo. There will be some lawn games/inflatables and pizza to start the night out then we will enjoy some fun games of Bingo. We will play multiple versions of bingo and there will be plenty of Winding Trails' prizes and swag to be won. Snacks, dessert, and beverages will also be included. This is a member only event. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Wednesday, August 7th

Time: ..... 6:00pm – 8:00pm

Where: ..... Lakeside Pavilion

Menu: ..... Pizza, snacks, dessert, and beverages

Member Fee: ..... \$10.00 per person  
 Children 3 and under are free (*please make note  
 of how many children 3 and under*)

Minimum: 50 ..... Maximum: 200





### ODYSSEY – NEW PROGRAM!

Ever wonder what those telephones, cables, and ropes are all about up on Main Street? This is our Odyssey, one of only two courses like this in New England. Join us for a 3-hour program that will stretch your comfort zone! Team members begin by ascending a giant cargo net to reach the first platform and traverse through several problem-solving challenges to reach the peak end platform where each person has the opportunity to experience our Lilly Pads or Floating Bridge. *Registration opens the first of the month, prior to each program date.*

- Session I  
Date: ..... Saturday, June 1st
- Session II  
Date: ..... Saturday, July 6th
- Session III  
Date: ..... Saturday, July 27th
- Session IV  
Date: ..... Saturday, August 10th
- Session V  
Date: ..... Saturday, August 24th
- Time: ..... 10:00am – 1:00pm
- Ages: ..... 10 years old and above
- Where: ..... Meet at the Climbing Tower
- Fee: ..... \$70.00
- Member Discount Fee: ..... \$50.00
- Minimum: 15 ..... Maximum: 30

### A VISIT WITH FARM ANIMALS PRESENTED BY THE TRAILS FUND

A hands-on visit with farm animals such as a variety of chickens from large to small, a bunny or two, a pair of mini-goats and more. Learn about their lives and the vast variety of each kind that exists. *Registration opens the first Monday of the month, prior to each program date.*

- Speaker: ..... Judy Witzke and Wonder on Wheels
- Date: ..... Thursday, July 25th
- Time: ..... 6:00pm – 7:00pm
- Where: ..... Amphitheater
- Ages: ..... All Ages
- Member Fee: ..... Free
- Minimum: 25 ..... Maximum: 125

### THE SCIENCE OF “SUDS” PRESENTED BY THE TRAILS FUND

Get ready to think outside the bubble! Have some good clean fun exploring the captivating, colorful science of soap and water. Uncover the mysteries of bubbles’ shape, see what happens when you make bubbles with different gases, and push the limits of what suds can do. Who knows what we’ll put in a bubble next! *Registration opens the first Monday of the month, prior to each program date.*

- Speaker: ..... CT Science Center Staff
- Date: ..... Sunday, September 22nd
- Time: ..... 1:00pm – 2:00pm
- Where: ..... Amphitheater
- Ages: ..... All Ages
- Member Fee: ..... Free
- Minimum: 25 ..... Maximum: 125

### ORIENTEERING – NEW PROGRAM!

Come get lost with us and discover the trails that wind! In this session, you’ll learn how to read a map, use a compass and bushwack through the trails by taking a compass bearing. This is an outside dirty activity. Please dress accordingly! *Registration opens the first Monday of the month, prior to each program date.*

- Session I  
Date: ..... Saturday, June 29th
- Session II  
Date: ..... Saturday, July 13th
- Session III  
Date: ..... Saturday, July 27th
- Session IV  
Date: ..... Saturday, August 10th
- Time: ..... 2:00pm – 4:00pm
- Ages: ..... 10 to 14 years olds
- Where: ..... Front Porch of Lodge Building
- Fee: ..... \$30.00
- Member Discount Fee: ..... \$20.00
- Minimum: 6 ..... Maximum: 15



## CLIMBING TOWER DAYS

This 2-hour program allows you to get onto the climbing tower and enjoy the vertical realm. The climbing tower is 40' high consisting of 4 sides: a 15' beginner wall with incline, a 40' intermediate vertical wall, a 40' advanced wall with incline and over hangs and a 60' x 35' cargo net for the quickest way to the top. Once on top, it's time for the ride, a 300' long zip line down Main Street. *Registration opens the first Monday of the month, prior to each program date.*

### Session I

Date: ..... Sunday, June 16th  
 Time: ..... 10:00am - 12:00pm

### Session II

Date: ..... Saturday, June 29th  
 Time: ..... 10:00am - 12:00pm

### Session III

Date: ..... Saturday, July 13th  
 Time: ..... 10:00am - 12:00pm

### Session IV

Date: ..... Sunday, July 28th  
 Time: ..... 10:00am - 12:00pm

### Session V

Date: ..... Sunday, August 11th  
 Time: ..... 10:00am - 12:00pm

### Session VI

Date: ..... Saturday, August 24th  
 Time: ..... 10:00am - 12:00pm

### Session VII

Date: ..... Saturday, September 14th  
 Time: ..... 10:00am - 12:00pm

### Session VIII

Date: ..... Saturday, September 28th  
 Time: ..... 10:00am - 12:00pm

### Session IX

Date: ..... Saturday, October 12th  
 Time: ..... 10:00am - 12:00pm

Ages: ..... 4 and up  
 Where: ..... Meet at the Climbing Tower  
 Fee: ..... \$45.00  
 Member Discount Fee: ..... \$30.00  
 Minimum: 15 ..... Maximum: 30



## SHIPWRECK—THE ULTIMATE SURVIVAL QUEST

This program will offer your group the opportunity to showcase your survival skills. A facilitator will challenge the group with a series of activities including shelter building, catch and release of fish, fire building, and more. Groups will need to work together to accomplish the task at hand. This is an outside dirty activity, please dress accordingly. *Registration opens the first Monday of the month, prior to each program date.*

### Session I

Date: ..... Sunday, June 30th  
 Time: ..... 9:00am - 11:30am

### Session II

Date: ..... Sunday, July 7th  
 Time: ..... 1:30pm - 4:00pm

### Session III

Date: ..... Sunday, July 21st  
 Time: ..... 1:30pm - 4:00pm

### Session IV

Date: ..... Sunday, August 4th  
 Time: ..... 1:30pm - 4:00pm

### Session V

Date: ..... Sunday, August 18th  
 Time: ..... 1:30pm - 4:00pm

### Session VI

Date: ..... Sunday, September 15th  
 Time: ..... 1:30pm - 4:00pm

### Session VII

Date: ..... Sunday, October 13th  
 Time: ..... 1:30pm - 4:00pm

Ages: ..... 7 year and older - families are welcome to sign up as a group

Where: ..... Meet at Nature's Porch  
 Fee: ..... \$30.00  
 Member Discount Fee: ..... \$20.00  
 Minimum: 8 ..... Maximum: 30





### PLAY AND STAY OVERNIGHT

Who's ready to go camping? You bring the tent, sleeping bags and toiletries and we will do the rest!



This program provides you and your family with the opportunity to spend some quality time together and make memories your kids will cherish forever while enjoying many activities and camping out at Winding Trails. Activities available will include soccer, basketball, baseball, boating, archery, and a special night hike ending with a campfire and s'mores. A BBQ on Friday night (6:00pm - 7:30pm) and a continental breakfast on Saturday morning (7:30am - 8:30am) are also included.

Please note: the availability of archery and boating are based on certified staff availability and cannot be guaranteed. This is a very popular program so early registration is advised. This is a member only event. *Registration opens the first Monday of the month, prior to each program date.*

**Session I**

Date: ..... Friday, June 28th - Saturday, June 29th

**Session II**

Date: ..... Friday, July 12th - Saturday, July 13th

Time: ..... 5:30pm Friday - 9:00am Saturday

Member Discount Fee: ... Adults \$15.00, Children (4 -12) \$10.00

Minimum: 20 Families ..... Maximum: 50 Families

### FRIDAY NIGHT CLIMBING UNDER THE STARS

This program gives participants an opportunity to explore the climbing tower after dark. The excitement grows as night-time provides a new level of excitement. Special lights will be installed around the tower. The climbing tower is 40' high consisting of 4 sides: a 15' beginner wall with incline, a 40' intermediate vertical wall, a 40' advanced wall with incline and over hangs and a 60' x 35' cargo net for the quickest way to the top. Once on top, it's time for the ride, a 300' long zip line down Main Street. *Registration opens the first Monday of the month, prior to each program date.*

**Session I**

Date: ..... Friday, September 13th

Time: ..... 7:00pm - 9:00pm

**Session II**

Date: ..... Friday, October 11th

Time: ..... 6:30pm - 8:30pm

**Session III**

Date: ..... Friday, November 15th

Time: ..... 6:30pm - 8:30pm

Ages: ..... Ages 7 to adults

Where: ..... Meet at the Climbing Tower

Fee: ..... \$30.00

Member Discount Fee: ..... \$20.00

Minimum: 15 ..... Maximum: 30



### LAST BLAST

One of our most popular events of the summer is the Annual Last Blast. This takes place in mid-August and is a celebration of the summer. Activities planned include live music, a magic show, inflatables, food, and more. The highlight of the day will be the fireworks show at dark timed to music. Watching the show up close over Dunning Lake is like nothing you have ever seen. This is a very popular event, and no guests will be permitted on this day. *Registration is not required.*

Date: ..... Saturday, August 17th

Time: ..... 4:00pm - 10:00pm

Where: ..... Dunning Lake Area.

Ages: ..... All ages

Fee: ..... Free

*Sorry no guests allowed on this day.*



## WINDING TRAILS CROSS COUNTRY INVITATIONAL MEET

Winding Trails will be hosting the 12th Annual Cross-Country Invitational for high school and middle school cross-country teams. This event will take place in the camp area and our trails. This event traditionally attracts over 700 runners and hundreds of spectators. Parking will be extremely limited on this day.

Date: ..... Saturday, September 21st  
 Time: ..... 7:30am - 3:30pm  
 Where: ..... Boathouse Pavilion  
 Ages: ..... All Ages  
 Parking Fee: ..... \$5 for the general public  
 Free for Members



## NATURE'S OPEN HOUSE FAIRY HOUSE TOUR SPONSORED BY THE ALEXANDER FRANKLIN FOUNDATION

Enjoy the beauty of Winding Trails in the fall while touring over 75 custom-built fairy and gnome dwellings set along a half-mile stroll through our wooded trails. This event is fun for children, parents, grandkids, and grandparents. Food will be available for sale.

Looking to showcase your own work? We're looking for new house builders in 2024. Contact Mark at [mark@windingtrails.org](mailto:mark@windingtrails.org) for more information.

Registration opens the first Monday of the month, prior to each program date.

### Session I

Date: ..... Saturday, October 5th

### Session II

Date: ..... Sunday, October 6th

Time: ..... 10:00am - 4:00pm

Ages: ..... All ages

Fee: ..... \$6.00 in advance and \$9.00 at the door



## ACOUSTIC FESTIVAL AT WINDING TRAILS

For the past 8 years Winding Trails has been offering the Acoustic Festival highlighting some talented musical acts on the colorful grounds along Dunning Lake. We are very excited about this year's event as we will have a brand-new Lakeside Pavilion complete with a covered elevated stage. In addition to this pavilion will be a new Grille, sidewalks, and additional picnic space. This will be the 9th year of this festival and it will be held on Saturday, October 19th. We will once again be bringing in top notch national and local talent on the colorful grounds along Dunning Lake. This year's festival headliner will be Driftwood from Upstate New York. This folk-rock group has delighted audiences throughout the country. Joining us from the Boston area will be Grain Thief that pushes bluegrass as a genre and explores new sounds. Joining the main stage will be Breaking Strings, a high energy five piece Bluegrass band from Maine. Rounding out our main stage will be multi-style violinist and champion fiddler, Mari Black. Mari has won national and international accolades in many styles of music. She has delighted audiences with her energetic playing and sparkling stage presence. Our 2nd stage at the Boathouse will feature some of the best local talent in the area. This daylong event gives attendees the opportunity to hear ten different performers. There will also be a Beer Garden featuring locally brewed craft beers from over 15 CT breweries sponsored by CLARKHIRTH CPAS.

Date: ..... Saturday, October 19th (Rain or Shine)

Time: ..... 11:00am - 6:00pm

Where: ..... Dunning Lake

Ages: ..... All Ages

Fees:

DATE	ADULTS	MEMBER -ADULTS	CHILDREN*	MEMBER -CHILDREN
Before July 1st	\$30	\$25	\$10	\$5
After July 1st	\$40	\$30	\$10	\$5
At the door (if available)	\$45	\$35	\$10	\$5

\*Children under 10 are free



## CALENDAR OF EVENTS

### JUNE

Dunning Lake Opens for Swimming . . . . . Saturday, June 1st  
 Odyssey . . . . . Saturday, June 1st  
 Triathlon Series Demo Day . . . . . Tuesday, June 4th  
 Summer Adult Luncheon, Turkey Time . . . . . Wednesday, June 5th  
 Acoustic Night . . . . . Friday, June 7th  
 Little Kids Exploring Nature: How Birds Build Nests . . . . . Saturday, June 8th  
 Families Exploring Nature: How Birds Build Nests . . . . . Saturday, June 8th  
 Sprint Tri-Training Series . . . . . Tuesdays, June 11th – August 13th  
 Tiny Tri-Training Series . . . . . Tuesdays, June 11th – August 13th  
 The Score Summer Concert . . . . . Saturday, June 15th  
 Climbing Tower Day, Session I . . . . . Sunday, June 16th  
 American Red Cross Lifeguarding Course, Session I . . . . . Mon. – Fri., June 17th – 28th  
 Walk, Talk, & Gawk Adult Walk: How Birds Build Nests . . . . . Thursday, June 20th  
 Walk, Talk, & Gawk Adult Walk: How Birds Build Nests . . . . . Sunday, June 23rd  
 Tennis Camp, Session I . . . . . June 24th – 28th  
 Little Feet Sports Camp, Session I . . . . . June 24th – 28th  
 Introduction to Boats, Session I . . . . . June 24th – 28th  
 Afternoon Explorers, Session I . . . . . June 24th – 28th  
 Summer Day Camp, Session I . . . . . June 24th – July 5th  
 Sailing Lessons, Session I . . . . . June 24th – July 5th  
 Winding Trails Summer Kick Off . . . . . Wednesday, June 26th  
 Summer Fun Drop In Events . . . . . Fridays, June 28th – August 16th  
 Play & Stay . . . . . Friday, June 28th – Saturday, June 29th  
 Climbing Tower Day, Session II . . . . . Saturday, June 29th  
 Orienteering, Session I . . . . . Saturday, June 29th  
 Shipwreck the Ultimate Survival Quest, Session I . . . . . Sunday, June 30th

### JULY

Golf Camp . . . . . July 1st – 5th  
 Afternoon Explorers, Session II . . . . . July 1st – 5th  
 Winding Trails Wacky Relays . . . . . Wednesday, July 3rd  
 Odyssey . . . . . Saturday, July 6th  
 Shipwreck the Ultimate Survival Quest, Session II . . . . . Sunday, July 7th  
 Basketball Camp . . . . . July 8th – 12th  
 Youth Adventurers Camp, Session I . . . . . July 8th – 12th  
 Little Feet Sports Camp, Session II . . . . . July 8th – 12th  
 Afternoon Explorers, Session III . . . . . July 8th – 12th  
 Introduction to Boats, Session II . . . . . July 8th – 12th  
 Archery Lessons Session I . . . . . Mon. & Wed. July 8th – 17th

### AUGUST

Little Kids Exploring Nature: Let's Get Wet Exploring Water! . . . Sat., Aug. 3rd  
 Families Exploring Nature: Let's Get Wet Exploring Water! . . . Sat., Aug. 3rd  
 Shipwreck the Ultimate Survival Quest, Session IV . . . . . Sunday, August 4th  
 Baseball Camp . . . . . August 5th – 9th  
 Youth Adventurers Camp, Session V . . . . . August 5th – 9th  
 Little Feet Sports Camp, Session III . . . . . August 5th – 9th  
 Afternoon Explorers, Session VII . . . . . August 5th – 9th  
 Introduction to Boats Session IV . . . . . August 5th – 9th  
 Summer Day Camp, Session IV . . . . . August 5th – 16th  
 Swim Lessons, Session IV . . . . . August 5th – 16th  
 Sailing Lessons, Session IV . . . . . August 5th – 16th  
 Family Bingo and Pizza Night . . . . . Wednesday, August 7th  
 Acoustic Night . . . . . Friday, August 9th  
 Odyssey . . . . . Saturday, August 10th  
 Orienteering, Session IV . . . . . Saturday, August 10th  
 Climbing Tower Day, Session V . . . . . Sunday, August 11th  
 Flag Football Camp . . . . . August 12th – 16th  
 Afternoon Explorers, Session VIII . . . . . August 12th – 16th  
 Walk, Talk, & Gawk Adult Walk: Exploring Water . . . . . Thursday, August 15th  
 Last Blast . . . . . Saturday, August 17th  
 Walk, Talk, & Gawk Adult Walk: Exploring Water . . . . . Sunday, August 18th  
 Shipwreck the Ultimate Survival Quest, Session V . . . . . Sunday, August 18th  
 Leszek Wrona Soccer Academy . . . . . August 19th – 23rd  
 Climbing Tower Day, Session VI . . . . . Saturday, August 24th  
 Odyssey . . . . . Saturday, August 24th  
 Trail Running Series . . . . . Tuesdays, August 27th – September 24th

### SEPTEMBER

Acoustic Night . . . . . Friday, September 6th  
 Little Kids Exploring Nature: Migration to Warm Places . . . Saturday, Sept. 7th  
 Families Exploring Nature: Migration to Warm Places . . . Saturday, Sept. 7th  
 Barre at the Boathouse Pavilion . . . Tuesdays, September 10th – October 22nd  
 Archery Lessons, Session V . . . . . Tues. & Thurs., September 10th – 19th  
 Archery Lessons, Session VI . . . . . Tues. & Thurs., September 10th – 19th  
 Adventures with Mike . . . . . Wednesdays, September 11th – October 2nd  
 Arts & Crafts for Preschoolers . . . . . Thursdays, September 12th – October 10th  
 Friday Night Climbing Under the Stars, Session I . . . . . Friday, September 13th  
 Climbing Tower Day, Session VII . . . . . Saturday, September 14th  
 Walk, Talk, and Gawk Adult Walk: What's Migrating? . . . . . Sunday, Sept. 15th

# SUMMER



# CALENDAR 2024

Shipwreck the Ultimate Survival Quest, Session VI . . . . . Sunday, Sept. 15th  
 Kids in the Kitchen . . . . . Tuesdays, September 17th – October 15th  
 Farm To Table Dinner Fundraiser . . . . . Thursdays, September 19th  
 Crafternoons . . . . . Thursdays, September 19th – October 17th  
 Winding Trails Cross Country Invitational Meet . . . . . Saturday, Sept. 21st  
 The Science of Suds – A Trails Fund Program . . . . . Sunday, September 22nd  
 Climbing Tower Day, Session VIII . . . . . Saturday, September 28th

## OCTOBER PROGRAMS

Kid's Mountain Bike Club . . . . . Wednesdays, October 2nd – 23rd  
 Kid's Night Out, Session I . . . . . Friday, October 4th  
 Fall Adult Luncheon: Murder & Mayhem in Museum . . . . . Thursday, Oct. 10th  
 Nature's Open House (Fairy House Tour) . . . . . Saturday, October 5th  
 Nature's Open House (Fairy House Tour) . . . . . Sunday, October 6th  
 ARC Adult & Pediatric First Aid/CPR/AED Recert. . . . . Thursday, October 10th  
 Friday Night Climbing Under the Stars, Session II . . . . . Friday, October 11th  
 Climbing Tower Day, Session IX . . . . . Saturday, October 12th  
 Shipwreck the Ultimate Survival Quest, Session VII . . . . . Sunday, October 13th  
 Walk, Talk, and Gaww Adult Walk: Plants – Base for All Life . . . Thurs., Oct. 17th  
 Little Kids Exploring Nature: Plants – Base for All Life . . . Saturday, Oct. 19th  
 Families Exploring Nature: Plants – Base for All Life . . . Saturday, Oct. 19th  
 Acoustic Festival . . . . . Saturday, October 19th  
 Walk, Talk, and Gaww Adult Walk: Plants – Base for All Life . . . Sunday, Oct. 20th  
 Mad Science for Preschoolers . . . . . Tuesdays, October 22nd – November 26th  
 Afterschool Mad Science . . . . . Tuesdays, October 22nd – November 26th  
 Haunted Trails . . . . . Saturday, October 26th

## NOVEMBER PROGRAMS

Wood Floral Craft Workshop: Winter Wreath . . . . . Friday, November 1st  
 Kid's Night Out, Session II . . . . . Friday, November 1st  
 Little Kids Exploring Nature: Animals Get Ready for Winter . . . Sat., Nov. 9th  
 Families Exploring Nature: =Animals Get Ready for Winter . . . Sat., Nov. 9th  
 Walk, Talk, and Gaww Adult Walk:  
 Last Remnants of Autumn . . . . . Thursday, November 14th  
 Friday Night Climbing Under the Stars . . . . . Friday, November 15th  
 Walk, Talk, and Gaww Adult Walk:  
 Last Remnants of Autumn . . . . . Sunday, November 17th  
 Flower Arranging Workshop with Designs by Brittany . . . . . Friday, November 22nd  
 Tom Turkey Hunt . . . . . Saturday, November 23rd – Sunday, December 1st

## DECEMBER PROGRAMS

Holidays at the Trails . . . . . Sunday, December 8th  
 Santa's Calling . . . . . December 13th – 20th

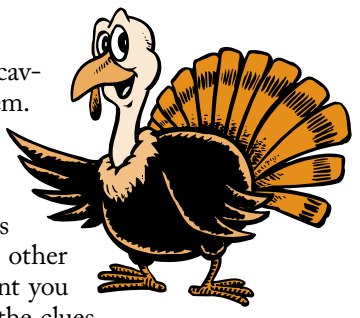
Agency Lessons Session I . . . . . Monday, July 8th – 17th  
 Archery Lessons Session II . . . . . Mon. & Wed., July 8th – 17th  
 Summer Day Camp, Session II . . . . . July 8th – 19th  
 Swim Lessons, Session II . . . . . July 8th – 19th  
 Sailing Lessons, Session II . . . . . July 8th – 19th  
 Kids Triathlons . . . . . Tuesday, July 9th, 16th, & 23rd  
 Introduction to Pickleball . . . . . Wednesdays, July 10th – 31st  
 Pickleball Pickup for Intermediate Players . . . . . Wednesday, July 10th – 31st  
 Baked Potato Fest . . . . . Wednesday, July 10th  
 Play & Stay . . . . . Friday, July 12th – Saturday, July 13th  
 Acoustic Night . . . . . Friday, July 12th  
 Little Kids Exploring Nature: Fish of Walton Pond . . . . . Saturday, July 13th  
 Climbing Tower Day, Session III . . . . . Saturday, July 13th  
 Families Exploring Nature: Fish of Walton Pond . . . . . Saturday, July 13th  
 Orienteering, Session II Saturday, July 13th Lacrosse Camp . . . . . July 15th – 19th  
 Youth Adventurers Camp, Session II . . . . . July 15th – 19th  
 Afternoon Explorers, Session IV . . . . . July 15th – 19th  
 Wet & Wild . . . . . Wednesday, July 17th

Walk, Talk, & Gaww Adult Walk:  
 Animal and Plant Connections . . . . . Thursday, July 18th  
 American Red Cross Lifeguarding Information Session . . . Thursday, July 18th  
 Trivia Night with What Trivia . . . . . Friday, July 19th  
 Walk, Talk, & Gaww Adult Walk: Animal & Plant Connections . . Sun., July 21st  
 Shipwreck the Ultimate Survival Quest, Session III . . . . . Sunday, July 21st  
 Soccer Camp . . . . . July 22nd – 26th  
 Youth Adventurers Camp, Session III . . . . . July 22nd – 26th  
 Introduction to Boats, Session III . . . . . July 22nd – 26th  
 Afternoon Explorers, Session V . . . . . July 22nd – 26th  
 Summer Day Camp, Session III . . . . . July 22nd – August 2nd  
 Swim Lessons, Session III . . . . . July 22nd – August 2nd  
 Sailing Lessons, Session III . . . . . July 22nd – August 2nd  
 Archery Lessons Session III . . . . . Tues. & Thurs., July 23rd – August 1st  
 Archery Lessons Session IV . . . . . Tues. & Thurs., July 23rd – August 1st  
 Winding Trails Olympics . . . . . Wednesday, July 24th  
 A Visit with Farm Animals – A Trails Fund Program . . . . . Thursday, July 25th  
 Odyssey . . . . . Saturday, July 27th  
 Orienteering, Session III . . . . . Saturday, July 27th  
 Climbing Tower Day, Session IV . . . . . Sunday, July 28th  
 Tennis Camp, Session II . . . . . July 29th – August 2nd  
 Youth Adventurers Camp, Session IV . . . . . July 29th – August 2nd  
 Afternoon Explorers, Session VI . . . . . July 29th – August 2nd  
 American Red Cross Lifeguarding Course,  
 Session II . . . . . Mon. – Fri., July 29th – Aug. 9th

**For program information and registration, please visit [www.windingtrails.org](http://www.windingtrails.org)**



### TOM TURKEY HUNT



Tom Turkey Hunt is a family scavenger hunt through our trail system. You and your family will register online and have your first clue and directions emailed to you. From there you follow the clues around our trails system to find other clues. Once you complete the hunt you will email us your answers to all the clues and be registered to win a gift certificate from a local supermarket! You have 9 days to complete the hunt. Come out with your family and enjoy the park in the fall and visit some places you may never have been before. The deadline for submitting your clues is 10am on Monday, December 2nd. *Registration opens the first Monday of the month, prior to each program date.*

- Date: ..... Saturday, November 23rd – Sunday, December 1st
- Time: ..... Dawn to Dusk
- Ages: ..... All Ages
- Where: ..... Nature's Porch
- Fee: ..... \$10.00 per family
- Member Discount Fee: ..... \$5.00 per family

### HAUNTED TRAILS

Calling all zombies, monsters, and witches! Come join Winding Trails for the 14th annual Haunted Trails! Enjoy a 15-minute haunted hayride through our trail system. Along the way will be various scary scenes and characters. There will also be Halloween crafts, pumpkins to carve, a campfire, and some light refreshments.

Please make sure you sign up for one session and arrive at least 10 minutes before your start time. Sessions #1 – 5 will be in the daylight for those that would not like to ride in the dark. Sessions #6 – 9 will definitely be scarier. This program is not recommended for young children, parental discretion is advised. Space is limited! *Registration opens the first Monday of the month, prior to each program date.*

Please note - We are looking for individuals and groups who may want to be a part of our Scare Team and be in the woods as the hayride travels along the trail. Come up with your own scene, hang out with your friends, and have a blast! If you would like to volunteer to be a part of our Haunted Trails Scare Team, please call or email Bailey at 860-677-8458 ext. 11, [Bailey@windingtrails.org](mailto:Bailey@windingtrails.org).

- Date: ..... Saturday, October 26th
- Times:
- Session I: ..... 4:00pm
- Session II: ..... 4:30pm
- Session III: ..... 5:00pm
- Session IV: ..... 5:30pm
- Session V: ..... 6:00pm
- Session VI: ..... 7:00pm
- Session VII: ..... 7:30pm
- Session VIII: ..... 8:00pm
- Session IX: ..... 8:30pm
- Where: ..... Walton Pond Beach
- Fee: ..... \$20.00 per person
- Member Discount Fee: ..... \$12.00 per person





## HOLIDAYS AT THE TRAILS

Winding Trails and the Exchange Club of Farmington once again sponsor this popular holiday event. For over thirty years, Santa and Mrs. Claus visit their winter cottage at Winding Trails and give all the children a chance to put in their holiday requests. While waiting to see Santa, visit with some of Santa's animals, decorate holiday cookies, and make crafts. There will also be a special holiday magic show every hour. This is a members only program. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Sunday, December 8th  
 Time:

- Session I: ..... 11:00am - 12:00pm
- Session II: ..... 12:00pm - 1:00pm
- Session III: ..... 1:00pm - 2:00pm
- Session IV: ..... 2:00pm - 3:00pm
- Session V: ..... 3:00pm - 4:00pm

Fee: ... One non-perishable food item (per person) to be donated to the local food bank — after all, 'tis the Holiday season!

Minimum: 50 ..... Maximum: 180

## SANTA'S CALLING!

Santa Claus has a special place in his heart for all the children of Winding Trails. In fact, Santa will make a personal phone call to your child and make the holiday season even more exciting. Imagine your child's delight as Santa talks about what your child wants for Christmas, his/her best friends, or even his/her schoolteacher. Forms may be downloaded off our website or picked up in our Main Office. Information forms will be available starting Monday, November 18th. The deadline for all information sheets to be turned in is Friday, December 13th. Santa himself will make all calls between Dec. 16th and Dec. 20th between the hours of 3:00pm and 7:00pm. *Ho! Ho! Ho! This is a free, members only program.*







### DUNNING LAKE FREE SPECIAL EVENTS FOR CHILDREN

These programs are offered at Dunning Lake Beach and run about one hour depending on the number of participants. Please check age requirements as not all programs are appropriate for all ages. *Registration is not required.*

#### WINDING TRAILS WACKY RELAYS

Let's get wacky! At this program we will be getting wacky with relays like the dizzy bat relay, egg toss, a whip cream pie eating race, an obstacle course relay and more! You do not want to miss out on the fun!

Date: ..... Wednesday, July 3rd (*Rain Date: Friday, July 5th*)  
Time: ..... 2:00pm  
Ages: ..... 5 - 12 years old  
Where: ..... Lakeside Pavilion  
Member Fee: ..... Free  
Minimum: 20 ..... Maximum: 200

#### WET & WILD

When it comes to celebrating summer, nothing is better than getting wet & wild in the sun. Enjoy all your favorite water games as we splash our way into fun, ending with everyone's favorite waterslide!

Date: ..... Wednesday, July 17th (*Rain Date: Thursday, July 18th*)  
Time: ..... 2:00pm  
Ages: ..... 5 - 12 years old  
Where: ..... Lakeside Pavilion  
Member Fee: ..... Free  
Minimum: 20 ..... Maximum: 200

#### WINDING TRAILS OLYMPICS

Enjoy the skills and spills as our own member's children compete in Olympic events. Winding Trails lifeguards will coach the teams in tug of war, swimming, and more! So, come join the fun and help carry the torch down the beach.

Date: ..... Wednesday, July 24th (*Rain Date: Thursday, July 25th*)  
Time: ..... 2:00pm - 4:00pm  
Ages: ..... 5 - 12 years old  
Where: ..... Lakeside Pavilion  
Member Fee: ..... Free  
Minimum: 20 ..... Maximum: 200

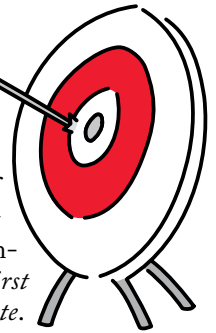
### SUMMER FUN DROP IN EVENTS

Come enjoy fun summer activities every week at the beach! We will have activities including an ice cream social, arts and crafts, sandcastle building contests, and many more. Each activity should last around 30 minutes. There will be activities all summer long. No need to sign up, just stop by when you are at the beach! Craft activities have limited supply.

Dates: ..... Fridays, June 28th to August 16th  
*No drop in on Friday, July 5th*  
Time: ..... 1:30pm  
Ages: ..... 12 and Under  
Where: ..... Lakeside Pavilion  
Member Fee: ..... Free

### ARCHERY LESSONS

Bull's-eye! But can you do that twice? You can after learning the techniques and skills of a great marksman. Come try this challenging and exciting sport. Participants must be at least seven years of age. All classes will meet at the Archery Range near Walton Pond. This is a members only program. *Registration opens the first Monday of the month, prior to each program date.*



#### Session I:

Dates: ..... Mondays and Wednesdays, July 8th - 17th  
Time: ..... 4:00pm - 4:45pm

#### Session II:

Dates: ..... Mondays and Wednesdays, July 8th - 17th  
Time: ..... 5:00pm - 5:45pm

#### Session III:

Dates: ..... Tuesdays and Thursdays, July 23rd - August 1st  
Time: ..... 4:00pm - 4:45pm

#### Session IV:

Dates: ..... Tuesdays and Thursdays, July 23rd - August 1st  
Time: ..... 5:00pm - 5:45pm

#### Session V:

Dates: ..... Tuesdays and Thursdays, September 10th - 19th  
Time: ..... 4:00pm - 4:45pm

#### Session VI:

Dates: ..... Tuesdays and Thursdays, September 10th - 19th  
Time: ..... 5:00pm - 5:45pm

Ages: ..... 7 and older  
Where: ..... Archery Range  
Member Fee: ..... \$40.00  
Minimum: 6 ..... Maximum: 16







### KIDS MOUNTAIN BIKING CLUB

Calling all kids ready to have some bicycling fun on the trails! This club is intended to have fun, sharpen our mountain biking skills and most importantly make some new friends! Mountain bikes only, helmet is mandatory. This club is not intended for beginner riders. Participants must bring a helmet and bike. *Registration opens the first Monday of the month, prior to each program date.*

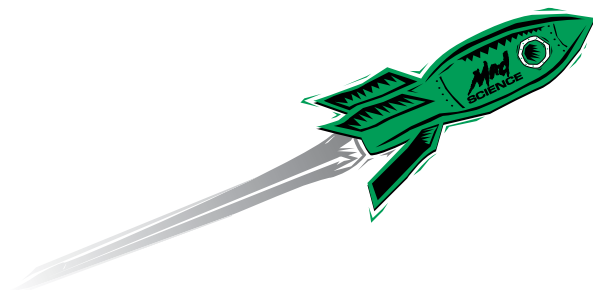
Date: ..... Wednesdays, October 2nd – 23rd  
 Time: ..... 4:15pm – 5:15pm  
 Where: ..... Garmany Hall  
 Ages: ..... 9 to 12 years old  
 Fee: ..... \$30.00  
 Member Discount Fee: ..... \$20.00  
 Minimum: 6 ..... Maximum: 12



### MAD SCIENCE - ASTRO INNOVATORS

A hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret components of white light and hidden rainbows, and movies explore our sense of sight. Other senses, such as taste, and hearing are investigated too. Explore cells with a microscope, investigate bugs, why nutrition is so important and how ecosystems work. Explore heat, volcanoes, earthquakes and even weather!

Dates: ..... Tuesdays, October 22nd – November 26th  
 Time: ..... 4:30pm – 5:30pm  
 Where: ..... Lodge Activity Room  
 Ages: ..... 6 to 10 years old  
 Fee: ..... \$160.00  
 Member Fee: ..... \$130.00  
 Minimum: 12 ..... Maximum: 21



### MAD SCIENCE – PRESCHOOL JR SCIENTIST

Become a Junior Mad Scientist! This program is a great introduction to science for our younger fans. The junior scientists will explore the science of colors and the way things move, they will become paleontologists by searching for fossils and participating in a mini dinosaur dig. Finally, take an exciting mission with Mad Science to explore the planets, moons and stars. These young scientists will enjoy daily take-home projects related to each subject!

Date: ..... Tuesdays, October 22nd – November 26th  
 Time: ..... 10:00am – 11:15am  
 Where: ..... Lodge Activity Room  
 Ages: ..... 3 to 5 years old  
 Fee: ..... \$160.00  
 Member Fee: ..... \$130.00  
 Minimum: 12 ..... Maximum: 21



### ARTS & CRAFTS FOR PRESCHOOLERS

Come join us for a fun filled creative class that will stir your preschooler's imagination. Every week your child will enjoy 45 minutes of creative arts and crafts projects that they will be able to take home and show off to the entire family. *Registration opens the first Monday of the month, prior to each program date.*

- Dates: ..... Thursdays, September 12th - October 10th
- Time: ..... 11:00am - 11:45am
- Ages: ..... 3 to 5 years old
- Where: ..... The Lodge Activity Room
- Fee: ..... \$35.00
- Member Discount Fee: ..... \$25.00
- Minimum: 5 ..... Maximum 20

### CRAFTERNOONS

Come join us for a fun filled inventive class that will stir your creativity. Learn how to make candles, bath bombs, lip balm, crochet, beginner sewing skills, and more! *Registration opens the first Monday of the month, prior to each program date.*

- Dates: ..... Thursdays, September 19th - October 17th
- Time: ..... 4:30pm - 5:30pm
- Ages: ..... 10 to 14 years old
- Where: ..... Lodge Activity Room
- Fee: ..... \$80.00
- Member Discount Fee: ..... \$95.00
- Minimum: 5 ..... Maximum 15

### KID'S NIGHT OUT!

Or should we say Parent's Night out? Drop your child at Winding Trails and enjoy a night out on your own. Your child will be well supervised and enjoy fun games & crafts, a pizza party, an ice cream sundae bar, and a big screen movie. This program has evolved into a very popular kid's event and space fills up quickly. Please bring clothing that is appropriate for outdoor and indoor play as well as provide a sleeping bag/blanket and pillow for the movie. *Registration opens the first Monday of the month, prior to each program date.*

#### Session I

Date: ..... Friday, October 4th

#### Session II

Date: ..... Friday, November 1st

Time: ..... 6:00pm - 10:00pm

Age: ..... 6 to 11 years old

Where: ..... Garmany Hall

Fee: ..... \$35.00

Members Discount Fee: ..... \$25.00

Minimum: 15 ..... Maximum: 30

**PLEASE REMEMBER - PETS ARE PROHIBITED  
IN THE PARK YEAR ROUND**



## KIDS IN THE KITCHEN

This program is for kids who love to help out in the kitchen and are curious about taking their own culinary adventure! Our hands on program will have kids measuring, mixing, chopping, cooking and baking. Each week will feature a different recipe that the kids will help prep and cook. They will also go home each week with a copy of the recipe and a sample of the finished product! All the supplies, ingredients, aprons and tools will be provided. *Registration opens the first Monday of the month, prior to each program date.*

Menu: ..... Homemade mac & cheese, apple crisp, & sugar cookies, tomato sauce & meatballs, waffles & fruit salad, homemade pizza with a variety of toppings  
 Dates: ..... Tuesdays, September 17th - October 15th  
 Time: ..... 4:30pm - 5:30pm  
 Ages: ..... 10 to 14 years old  
 Where: ..... The Grille at Dunning Lake  
 Fee: ..... \$80.00  
 Member Discount Fee: ..... \$100.00  
 Minimum: 5 ..... Maximum 10

## ADVENTURES WITH MIKE

Come explore the trails with our Outdoor Adventure coordinator, Mike! We will explore the waters and lands combined. This course will teach Kayaking, climbing, hiking and survival skills. Let's go explore!

Dates: ..... Wednesdays, September 11th - October 2nd  
 Time: ..... 4:30pm - 6:00pm  
 Ages: ..... 10 to 14 years old  
 Where: ..... Meet at Garmany Hall  
 Fee: ..... \$80.00  
 Member Discount Fee: ..... \$95.00  
 Minimum: 5 ..... Maximum 15





### AFTERNOON EXPLORERS

Here is an exciting option to add to your morning sports/half day programs for parents that would like their children to experience all aspects of camp. This will include the best from our morning sports/half day camps combined with an afternoon filled with fun and adventure at archery, boating, nature, and more. Transportation can be provided from our summer day camp buses (\$15.00 per week for AM or PM) and campers can attend early and late program (\$30.00 per week for either). This program will be run as part of our ACA accredited day camp and CT State Licensed Day Camp. *This program must be paired with a morning sports camp that ends at noon!*

**Session I**

Dates: ..... June 24th - June 28th

**Session II**

Dates: ..... July 1st - July 5th

**Session III**

Dates: ..... July 8th - July 12th

**Session IV**

Dates: ..... July 15th - July 19th

**Session V**

Dates: ..... July 22nd - July 26th

**Session VI**

Dates: ..... July 29th - August 2nd

**Session VII**

Dates: ..... August 5th - August 9th

**Session VIII**

Dates: ..... August 12th - August 16th

Time: ..... Noon - 3:30pm

Ages: ..... 6 to 10 years old

Fee: ..... \$140.00

Member Discount Fee: ..... \$120.00

*Participants should bring appropriate clothing, lunch, water bottle, sneakers, bathing suit and sunscreen.*

### YOUTH ADVENTURERS

Your camper will spend 3 hours a day participating in a variety of outdoor adventure activities from developing team building skills on our low elements, to learning the basics of rock climbing on our 40' climbing tower (consists of a 15' beginner wall, a 35' intermediate wall, a 35' advanced wall, a 60' x 35' cargo net and a zipline). Your camper is sure to leave with lasting memories as well as the opportunity to overcome personal fears and develop new self-confidence and trust. *Registration is now open.*

**Session I**

Dates: ..... Monday - Friday, July 8th - July 12th

**Session II**

Dates: ..... Monday - Friday, July 15th - July 19th

**Session III**

Dates: ..... Monday - Friday, July 22nd - July 26th

**Session IV**

Dates: ..... Monday - Friday, July 29th - August 2nd

**Session V**

Dates: ..... Monday - Friday, August 5th - August 9th

Time: ..... 9:00am - 12:00pm

Ages: ..... 6 to 11 years old

Where: ..... Tennis Courts

Fee: ..... \$190.00

Member Discount Fee: ..... \$160.00

Minimum: 6 ..... Maximum: 15



### WINDING TRAILS SPECIALTY SPORTS PROGRAMS

Your child will love our special editions of our widely popular Little Sports series programs. The focus is on FUN! So what are you waiting for? *Get out and Play!*

#### LITTLE FEET SPORTS

This program is designed for children ages 5 to 6 years old. Basketball, soccer, tee-ball and tennis will all be included in this 5 day, 1 1/2-hour program. The program will focus on teaching the very basic beginner skills of each sport and will have a big emphasis on having fun. *Registration is now open.*

**Session I**

Dates: ..... Monday - Friday, June 24th - June 28th

**Session II**

Dates: ..... Monday - Friday, July 8th - July 12th

**Session III**

Dates: ..... Monday - Friday, August 5th - August 9th

Time: ..... 10:30am - Noon

Ages: ..... 5 to 6 years old

Where: ..... Sportsplex

Fee: ..... \$120.00

Member Discount Fee: ..... \$100.00

Minimum: 6 ..... Maximum: 12

#### TENNIS

Our tennis program focuses on the fundamental skills needed to participate in this lifelong sport. Participants learn the proper techniques of grip, footwork, ground strokes, volleys, overheads, and serves. Players will also learn the basic rules and etiquette of the game. *Registration is now open.*

**Session I:**

Dates: ..... Monday - Friday, June 24th - June 28th

**Session II**

Dates: ..... Monday - Friday, July 29th - August 2nd

Time: ..... 9:00am - Noon

Ages: ..... 6 to 10 years old

Where: ..... Tennis Courts

Fee: ..... \$175.00

Member Discount Fee: ..... \$150.00

Minimum: 10 ..... Maximum: 14

*Participants should bring appropriate clothing, water bottle, a snack, sneakers, sunscreen and tennis racquet (WT will provide racquets for those who need one).*

#### BASKETBALL

Participants will have a great time as they work on their passing, ball handling, shooting, and dribbling skills. Newly acquired basketball skills will be put to the test at the end of the week tournament! *Registration is now open.*

Dates: ..... Monday - Friday, July 8th - July 12th

Time: ..... 9:00am - Noon

Ages: ..... 6 to 10 years old

Where: ..... Sportsplex

Fee: ..... \$175.00

Member Discount Fee: ..... \$150.00

Minimum: 10 ..... Maximum: 20

*Participants should bring appropriate clothing, a snack and water bottle, sneakers, and sunscreen.*



**GOLF**

Our Golf program focuses on the fundamental skills needed to participate in this lifelong sport. Participants learn the proper techniques in holding the clubs as well as footwork and swing mechanics. Players will also learn the basic rules and etiquette of the game. *Registration is now open.*

- Dates: .....Monday – Friday, July 1st – July 5th
- Time: .....9:00am – Noon
- Ages: ..... 6 to 10 years old
- Where: ..... Sportsplex
- Fee: ..... \$175.00
- Member Discount Fee: ..... \$150.00
- Minimum: 10 ..... Maximum: 20

*Participants should bring appropriate clothing, a snack, water bottle, sneakers, and sunscreen. We will provide clubs if needed.*

**LACROSSE**

Suit up and find out why lacrosse is one of the fastest-growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast-paced, high-scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. *Registration is now open.*

- Dates: ..... Monday – Friday, July 15th – July 19th
- Time: .....9:00am – Noon
- Ages: ..... 6 to 10 years old
- Where: ..... Sportsplex
- Fee: ..... \$175.00
- Member Discount Fee: ..... \$150.00
- Minimum: 10 ..... Maximum: 20

*Participants should bring appropriate clothing, a snack and water bottle, sneakers, mouthpiece, protective gloves, helmet with full mask (or goggles for girls lacrosse), lacrosse stick, and sunscreen. Winding Trails will provide equipment for those who need it, we do not have goggles, only helmets please make note on form if you need equipment.*

**SOCCER**

Shoot and score with our soccer camp. Participants will learn the fundamentals of soccer including game rules, dribbling and shooting techniques, as well as the proper positions on the field. The program will be a mix of drills and fun games with the intent of getting ready for a full field game on the last day of camp. The main emphasis will be on having fun while playing the world’s game! *Registration is now open.*

- Dates: .....Monday – Friday, July 22nd – July 26th
- Time: .....9:00am – Noon
- Ages: ..... 6 to 10 years old
- Where: ..... Sportsplex
- Fee: ..... \$175.00
- Member Discount Fee: ..... \$150.00
- Minimum: 10 ..... Maximum: 20

*Participants should bring appropriate clothing, a snack and a water bottle, sneakers, shin guards, and sunscreen. You may bring your own soccer ball if you like but they will be provided each day.*

**BASEBALL**

Strike-in with this great program. Participants will learn the fundamentals of baseball including game rules, proper batting technique, pitching, and the various field positions. *Registration is now open.*

- Dates: ..... Monday – Friday, August 5th – August 9th
- Time: .....9:00am – Noon
- Ages: ..... 6 to 10 years old
- Where: ..... Baseball Field
- Fee: ..... \$175.00
- Member Discount Fee: ..... \$150.00
- Minimum: 10 ..... Maximum: 20

*Participants should bring appropriate clothing, a water bottle, sneakers, baseball glove, and sunscreen, we will provide gloves for those who need one.*

**FLAG FOOTBALL**

Participants will learn skills on both sides of the ball including the components of passing, catching, and de-flagging or defensive positioning, all presented in a fun and positive environment. The week will end with a fun skills showcase to show their newly acquired talents. *Registration is now open.*

- Dates: ..... Monday – Friday, August 12th – August 16th
- Time: .....9:00am – Noon
- Ages: ..... 6 to 10 years old
- Where: ..... Sportsplex
- Fee: ..... \$175.00
- Member Discount Fee: ..... \$150.00
- Minimum: 10 ..... Maximum: 20

*Participants should bring appropriate clothing, a snack, water bottle, sneakers, and sunscreen.*

**LESZEK WRONA SOCCER ACADEMY**



Wrona Soccer is proud to be working with Winding Trails to offer opportunities for players of all ages with our camp this summer. Our experienced staff excels at knowing how to get the best out of players through demonstrating techniques and inspiring players to reach higher. Our players learn the fundamentals of the game, ball control, passing, defending, and scoring. We will teach every child at their own pace. *Registration is now open.*

- Dates: ..... Monday – Friday, August 19th – August 23rd
- Ages: ..... 6 to 14 years old
- Times: .....9:00am – Noon
- Where: ..... Sportsplex
- Fee: ..... \$220.00
- Member Discount Fee: ..... \$200.00
- Minimum: 12 ..... Maximum: 75

*Participants should bring appropriate attire, a snack and a water bottle, sneakers, shin guards, and sunscreen. You may bring your own soccer ball if you like but they will be provided one each day. Each child will also receive a camp t-shirt.*



### ADULT SUMMER LUNCHEON: TURKEY TIME

Join us for a little lunch followed by some education. Winding Trails has seen a resurgent of turkeys on property. Come observe the similarities and differences between real live Tom and Hen Turkeys by their display behaviors and sounds. If you choose, you will have an opportunity to touch the turkeys and learn about snoods, beards and caruncles. *Registration opens May 1st.*

Speaker: .....Kirsten Tomlinson from the Environmental Learning Centers of CT  
Date: ..... Wednesday, June 5th  
Time: .....12:00 - 1:30pm  
Where: ..... Garmany Hall  
Ages: .....Adults  
Fee: ..... \$20.00 per person  
Member Fee: ..... \$10.00 per person  
Minimum: 25 ..... Maximum: 65

### ADULT NATURE WALKS – WALK, TALK, & GAWK

Come join Miss Judy, Winding Trails’ naturalist, for a casual exploration as to observe monthly seasonal changes. We’ll talk about what we see or some of the current nature topics in the news. This year, we will be using Nature apps to identify some of our finds, so bring your smartphone. We will send out app download information with the confirmation email. A different route and seasonal topic are planned for each date. Always dress for the weather, wear a good pair of walking shoes, and bring your curiosity. *Registration opens the first Monday of the month, prior to each program date.*

**Session I: How Birds Build Nests**  
Date ..... Thursday, June 20th  
**Session II: How Birds Build Nests**  
Date: ..... Sunday, June 23rd  
**Session III: Animal and Plant Connections**  
Date: ..... Thursday, July 18th  
**Session IV: Animal and Plant Connections**  
Date: ..... Sunday July 21st  
**Session V: Exploring Water**  
Date: ..... Thursday, August 15th  
**Session VI: Exploring Water**  
Date: ..... Sunday, August 18th  
**Session VII: What’s Migrating**  
Date: ..... Sunday, September 15th  
**Session VIII: Plants – Base of All Life**  
Date: ..... Thursday, October 17th  
**Session XI: Plants – Base of All Life**  
Date: ..... Sunday, October 20th  
**Session X: Last Remnants of Autumn**  
Date: ..... Thursday, November 14th  
**Session XI: Last Remnants of Autumn**  
Date: ..... Sunday, November 17th  
Time: ..... 9:00am – 11:00am  
Where: ..... Lakeside Pavilion at Dunning Lake  
Ages: .....Adults  
Fee: ..... \$10.00  
Member Discount Fee: ..... Free  
Minimum: 6 ..... Maximum: 16

### INTRODUCTION TO PICKLEBALL

Interest in Pickleball is surging across the country. If you are new to Pickleball and looking to learn more about the sport, then this program is for you! We will be offering a four-week program to help beginners learn all about pickleball. Equipment will be provided. *Registration opens the first Monday of the month, prior to each program date.*

**Session I**  
Dates: ..... Saturdays, June 22nd – July 13th  
Time: ..... 9:00am – 10:00am  
**Session II**  
Dates: ..... Tuesdays, June 25th to July 16th  
Time: ..... 4:00pm – 5:00pm  
**Session III**  
Dates: ..... Wednesdays, July 10th to July 31st  
Time: ..... 7:45am – 8:45am  
**Session IV**  
Dates: ..... Saturdays, July 20th to August 10th  
Time: ..... 9:00am – 10:00am  
Where: .....Pickleball Courts  
Ages: .....Adults  
Member Discount Fee: ..... \$40.00  
Minimum: 4 ..... Maximum: 12

### PICKLEBALL PICKUP FOR INTERMEDIATE PLAYERS

Calling all Intermediate Pickleball enthusiasts! If you are one of the individuals who has caught the pickleball craze you will want to sign up for this new program. Come out and meet new friends, get some exercise, and enjoy the outdoors. We will have an instructor onsite to help with scoring and answering any questions you may have. *Registration opens the first Monday of the month, prior to each program date.*

Dates: ..... Wednesday, July 10th – July 31st  
Time: ..... 8:45am – 9:45am  
Where: .....Pickleball Courts  
Ages: .....Adults  
Member Discount Fee: ..... \$40.00  
Minimum: 4 ..... Maximum: 12

### TRIVIA NIGHT WITH WHATTRIVIA

Come on out and enjoy a nice July evening at the beautiful new Winding Trails Lakeside Pavilion while competing in some trivia. So gather your friends and come on out for a fun night away from the kids! You provide your own food and drinks while we will provide the atmosphere and a little background music while WhatTrivia will be coming in to provide a great night of trivia. Prize(s) will be given out to the winners! Don’t forget to reserve your spot. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Friday, July 19th  
Time: ..... 7:00pm – 10:00pm  
Where: ..... Lakeside Pavilion  
Ages: ..... Adults Only  
Fee: ..... \$15.00  
Member Fee: ..... \$10.00  
Minimum: 25 ..... Maximum: 100



## BARRE AT THE BOATHOUSE PAVILION

Barre is a fun, high energy, fusion workout to strengthen and tone your muscles. Class includes cardio, barre work, and mat exercises. This class is for ALL levels, no prior dance or exercise experience is necessary. Bring your yoga mat, wear sneakers, and be ready to make new friends! *Registration opens March 1st.*

Instructor: .....Bridget Bussiere  
 Dates: ..... Tuesdays, September 10th - October 22nd  
 (No class on October 15th)  
 Time: ..... 9:30am - 10:30am  
 Where: ..... Boathouse Pavilion  
 Fee: ..... \$90.00 per session  
 Member Fee: ..... \$75.00 per session  
 Minimum: 6 ..... Maximum: 20

## FARM TO TABLE DINNER FUNDRAISER

Join us for a very special evening in our new Lakeside Pavilion with a delicious meal served by Chef Jason Welch. Jason is known throughout the region for cooking satisfying foods from local farms and markets. This four-course dinner promises to delight. This event will also include music and an auction. All proceeds support the Trails Fund of Winding Trails. Space is limited and will fill up quickly.

Chef: ..... Jason Welch  
 Dates: ..... Thursday, September 19th  
 Time: ..... 6:00pm - 9:00pm  
 Where: ..... Lakeside Pavilion  
 Fee: ..... \$160.00 per person  
 Minimum: 50 ..... Maximum: 100



## FALL ADULT LUNCHEON – TRUE CRIME: MURDER AND MAYHEM IN THE MUSEUM

The Connecticut Museum of Culture and History presents this talk on forgeries, theft, murder. Their museum is full of artifacts that tell stories of long-ago crime and punishment. This presentation uncovers stories from Connecticut's past – and shows how our modern obsession with the true crime genre isn't so modern after all. A light lunch will be provided after the presentation. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Thursday, October 10th  
 Time: ..... 11:00am - 1:00pm  
 Location: ..... Garmany Hall  
 Ages: ..... Adults  
 Fee: ..... \$20.00  
 Member Discount Fee: ..... \$10.00  
 Minimum: 20 ..... Maximum: 60

## AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID/CPR/AED/ TRAINING

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. This is a blended learning class, with an online requirement before the class starts. A processing fee to the Red Cross is required when registering for the online portion. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Thursday, October 10th  
 Time: ..... 5:00pm - 8:30pm  
 Ages: ..... 13 and up  
 Where: ..... Lodge Conference Room  
 Fee: ..... \$100.00  
 Member Discount Fee: ..... \$80.00  
 Minimum: 4 ..... Maximum: 10

## WOOD FLORAL CRAFT WORKSHOP – WINTER WREATH

Come enjoy a night of crafting with Wood Florals. Make a winter or holiday-themed wreath for your home! We will supply all the materials for these projects. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Friday, November 1st  
 Time: ..... 6:30pm - 8:30pm  
 Where: ..... Lodge Activity Room  
 Fee: ..... \$60.00  
 Member Discount Fee: ..... \$40.00  
 Minimum: 6 ..... Maximum: 20

## FLOWER ARRANGING WORKSHOP WITH DESIGNS BY BRITTANY

Come enjoy an evening filled with fresh cut flowers and guided instruction from floral designer, Brittany. This workshop is themed for a fall centerpiece, perfect for your Thanksgiving table! All materials will be supplied for this workshop. Registration is required by November 15th. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Friday, November 22nd  
 Time: ..... 6:30pm - 8:30pm  
 Where: ..... Lodge Activity Room  
 Fee: ..... \$75.00  
 Member Discount Fee: ..... \$60.00  
 Minimum: 6 ..... Maximum: 20



### WINDING TRAILS SWIM LESSONS POLICIES

ONLY MEMBERS ARE ALLOWED TO REGISTER FOR SWIM LESSONS AND SAILING/BOATING LESSONS.

- The Winding Trails’ swim program runs according to the American Red Cross standards for swim lessons.
- The prerequisite for each level is successful demonstration of skills from the preceding level, except for Level I, which has no prerequisite. Each level of Learn-to-Swim also includes training in basic water safety.
- Winding Trails offers six comprehensive course levels and two preschool levels that teach participants how to swim skillfully and safely.
- Progression is at the swimmer's own pace. Some will move quickly at first while others progress more slowly. We keep the entire learning process as much fun as possible.
- Classes will be held rain or shine. If the weather prevents us from getting in the water, there will be other activities available for your child. Keep in mind that in the event of a thunderstorm we have limited space for coverage. Please use your discretion.
- Minimum: 3-4 per class depending on swim level. Maximum: 5-10 depending on swim level.
- Registration is required by the Thursday before the session starts. Register early, space is limited.
- Registration is available online at [windingtrails.org](http://windingtrails.org).
- If you are not sure what level to register your child for, use the descriptions below as a guide. All children are tested on the first day of lessons and adjustments will be made as needed.

### SWIM LEVELS:

#### PRESCHOOL A

Fundamentals of water safety, introduction to basic water skills such as floating, blowing bubbles, submerging, and jumping (all without assistance). Incorporation of games allows children to both respect and enjoy the water.

Minimum Age: ..... 3

#### PRESCHOOL B

Builds off the skills learned in Preschool A, while incorporating those learned in Level 1. Submersion is a major focus of this level, along with gaining more independence in the water.

Minimum Age: ..... 4

#### LEVEL 1

Students are introduced to fully submerging, floating, and jumping in deeper water and stroke development basics while incorporating games to assist the learning process.

Minimum Age: ..... 5

#### LEVEL 2

Should enter the level able to jump in water over their head with a noodle. Learning floats, glides, treading, and front and back crawl are the main focus of this level. Some time is spent in deep water learning to jump without any aids or supports.

Minimum Age: ..... 5

#### LEVEL 3

Students should be comfortable swimming in deep water. They begin diving and primary focus in on rotary breathing and refinement of front and back crawl, along with building endurance up to 15 meters (45 feet). The kicks for the 4 remaining strokes are also introduced in this level (sidestroke, breaststroke, butterfly, elementary backstroke).

#### LEVEL 4

Lap swimming is introduced along with the arms of the remaining 4 strokes (sidestroke, breaststroke, butterfly, elementary backstroke). Some refinement follows introduction along with advancement of dives and endurance.

#### LEVEL 5

Strong endurance and only slight refinement of strokes remaining is required for entry into this level. Stamina, stroke perfection, and flip turns are fundamentals learned throughout the session.

#### LEVEL 6

Strictly Fitness Swimming/Lifeguard Readiness. Students should need little to no correction on stroke performance. Class builds upon swimming strokes with ease, efficiency, power, and smoothness over greater distances. Students should be comfortable swimming laps for a 35 minute time span.

#### DATES

##### Session I

Dates: ..... No classes for this session – June 24th – July 5th

##### Session II

Dates: ..... July 8th – July 19th

Fee: ..... \$65 per child (members only)

##### Session III

Dates: ..... July 22nd – August 2nd

Fee: ..... \$65 per child (members only)

##### Session IV

Dates: ..... August 5th – August 16th

Member Fee: ..... \$65 per child (members only)

Time: ..... See schedule

*An email will be sent to members in mid-April when registration opens.*





## 2024 MEMBER SWIM LESSON SCHEDULE

Registration is available online at [windingtrails.org](http://windingtrails.org) — Register early, space is limited.

SESSION I: NO CLASSES JUNE 24TH TO JULY 15TH							
SESSION II: JULY 8TH TO JULY 19TH		REGISTER BY JULY 4TH					Fee: \$65.00
Preschool A	Preschool B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:40 - 11:10	10:40 - 11:10	—	10:40 - 11:10	10:40 - 11:10	—	—	—
11:20 - 11:50	11:20 - 11:50	11:20 - 11:50	—	—	11:20 - 11:50	—	—
—	—	12:00 - 12:30	12:00 - 12:30	—	12:00 - 12:30	—	12:00 - 12:30
—	—	—	1:40 - 2:10	1:40 - 2:10	1:40 - 2:10	1:40 - 2:10	—
2:20 - 2:50	—	—	—	2:20 - 2:50	2:20 - 2:50	—	—
—	3:20 - 3:50	3:20 - 3:50	—	3:20 - 3:50	—	—	3:20 - 3:50
—	—	4:00 - 4:30	4:00 - 4:30	—	4:00 - 4:30	4:00 - 4:30	—
—	—	5:00 - 5:30	—	5:00 - 5:30	—	—	—
—	—	—	5:40 - 6:10	—	5:40 - 6:10	—	—

SESSION III: JULY 22ND TO AUGUST 2ND		REGISTER BY JULY 18th					Fee: \$65.00
Preschool A	Preschool B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:40 - 11:10	10:40 - 11:10	—	10:40 - 11:10	10:40 - 11:10	—	—	—
11:20 - 11:50	11:20 - 11:50	11:20 - 11:50	—	—	11:20 - 11:50	—	—
—	—	12:00 - 12:30	12:00 - 12:30	—	12:00 - 12:30	—	12:00 - 12:30
—	—	—	1:40 - 2:10	1:40 - 2:10	1:40 - 2:10	1:40 - 2:10	—
2:20 - 2:50	—	—	—	2:20 - 2:50	2:20 - 2:50	—	—
—	3:20 - 3:50	3:20 - 3:50	—	3:20 - 3:50	—	—	3:20 - 3:50
—	—	4:00 - 4:30	4:00 - 4:30	—	4:00 - 4:30	4:00 - 4:30	—
—	—	5:00 - 5:30	—	5:00 - 5:30	—	—	—
—	—	—	5:40 - 6:10	—	5:40 - 6:10	—	—

SESSION IV: AUGUST 5TH TO AUGUST 16TH		REGISTER BY AUGUST 1ST					Fee: \$65.00
Preschool A	Preschool B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:40 - 11:10	10:40 - 11:10	—	10:40 - 11:10	10:40 - 11:10	—	—	—
11:20 - 11:50	11:20 - 11:50	11:20 - 11:50	—	—	11:20 - 11:50	—	—
—	—	12:00 - 12:30	12:00 - 12:30	—	12:00 - 12:30	—	12:00 - 12:30
—	—	—	1:40 - 2:10	1:40 - 2:10	1:40 - 2:10	1:40 - 2:10	—
2:20 - 2:50	—	—	—	2:20 - 2:50	2:20 - 2:50	—	—
—	3:20 - 3:50	3:20 - 3:50	—	3:20 - 3:50	—	—	3:20 - 3:50
—	—	4:00 - 4:30	4:00 - 4:30	—	4:00 - 4:30	4:00 - 4:30	—
—	—	5:00 - 5:30	—	5:00 - 5:30	—	—	—
—	—	—	5:40 - 6:10	—	5:40 - 6:10	—	—





### INTRODUCTION TO BOATS

This class will provide instruction in the basics of our watercrafts including canoes and kayaks. Students will also learn some basic water safety skills. Skills and exercises will be presented with the emphasis on FUN! This is a member only program. Due to limited availability, please only register for one session. *Registration will open on May 1st for all sessions.*

**Session I**

Dates: ..... June 24th – June 28th  
Time: ..... 11:30am – 12:30pm

**Session II**

Date: ..... July 8th – July 12th  
Time: ..... 5:00pm – 6:00pm

**Session III**

Dates: ..... July 22nd – July 26th  
Time: ..... 11:30am – 12:30pm

**Session IV**

Dates: ..... August 5th – August 9th  
Time: ..... 5:00pm – 6:00pm

Ages: ..... 7 and up (must be a level 3 swimmer)  
Where: ..... Dunning Lake Boat House  
Member Fee: ..... \$50.00  
Minimum: 4 ..... Maximum: 16



### WINDING TRAILS SAILING

Sailing classes will be offered on beautiful Dunning Lake. Learn the parts of a sunfish along with set up procedures, basic maneuvering, tacks, jibes, capsizing and safe boating practices. Due to limited availability, please only register for one session. *Registration will open on May 1st for all sessions.*

**Session I**

Dates: ..... June 24th – July 5th  
Time: ..... 5:00pm – 6:30pm

**Session II**

Dates: ..... July 8th – July 19th  
Time: ..... 11:00am – 12:30pm

**Session III**

Dates: ..... July 22nd – August 2nd  
Time: ..... 5:00pm – 6:30pm

**Session IV**

Dates: ..... August 5th – August 16th  
Time: ..... 11:00am – 12:30pm

Ages: ..... 8 and up (must be a level 4 swimmer)  
Where: ..... Dunning Lake Boat House  
Fee: ..... \$85.00  
Minimum: 4 ..... Maximum: 16



## American Red Cross

### AMERICAN RED CROSS LIFEGUARDING INFORMATION SESSION

Are you 13 or older and thinking about becoming a certified lifeguard? Join us for an information session on what to expect in a lifeguarding course, and what a typical day can look like as a lifeguard. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Thursday, July 18th  
Time: ..... 4:00pm – 6:00pm  
Ages: ..... 13 and up  
Where: ..... Dunning Lake  
Fee: ..... Free  
Minimum: 4 ..... Maximum: 10

### AMERICAN RED CROSS LIFEGUARDING COURSE WITH WATERFRONT MODULE (BLENDED LEARNING)

Would you like to become a certified lifeguard? Participants who successfully complete the course will be certified in CPR, First Aid, Lifeguard Training and Waterfront Module Training. This is a blended learning class, with 7 hours of online work along with in person classes. Online materials will be sent out a week prior to the start of class. All candidates must be 15 years or older by the end of the last class.

Prerequisite: Upon 1st day participants must be able to swim 350 yards continuously using only front crawl with rhythmic breathing and breaststroke; stop tread water for 2 minutes using legs only; then swim 200 more yards. Swim 20 yards pick up brick and swim back with brick within 1 minute and 49 seconds; and swim 5 yards submerged and retrieve three rings (5 yards apart). This will be assessed on the first day of in person class. *Registration will open on May 1st for all sessions.*

**Session I**

Dates: ..... Monday – Friday, June 17th – June 28th

**Session II**

Dates: ..... Monday – Friday, July 29th – August 9th

Time: ..... 4:00pm – 8:00pm

Ages: ..... Must be at least 15 years old by end of class.

Where: ..... Dunning Lake Boathouse

Fee: ..... \$275.00

Member Discount Fee: ..... \$225.00

Minimum: 4 ..... Maximum: 10





## BEACH RULES

- Swimming is permitted only in designated areas when lifeguards are on duty.
- Open water swimming is not permitted.
- Swimmers must be able to swim to the rafts unassisted.
- No pushing or flipping off of the rafts.
- Bubbles, water wings, rafts and other floating devices are prohibited. Coast Guard approved lifejackets are allowed but cannot be used to aid someone getting to the raft.
- No child under the age of 15 is to be left unattended.
- Keep paths in front of the lifeguard chairs free of chairs, towels, umbrellas, and beach toys.
- Only single poled shade structures are allowed on beach and must not block lifeguard sight line or access to the water.
- Playing of music should be kept to a low volume and not hinder other's enjoyment of the park.
- No alcoholic beverages are permitted in the water.
- Glass containers are prohibited from the park. Please use non-breakable containers.
- Smoking is prohibited from the beach area and all picnic areas.
- Picnic tables and grills are used on a first come first serve basis. Reserving of tables is not allowed.
- Changing of babies on picnic tables is not allowed. Baby changing tables are provided in both sides of the bathhouse.
- Fishing is not permitted from the beach or in swimming areas.

## BOATING GUIDELINES

- Anyone under the age of 8 and not at least a level 4 swimmer must be accompanied by an adult. Boat Attendants have the right to refuse boat rentals to any person(s) unable to manage a specific craft.
- Boats are available for rent at the boathouse daily between the hours of 11:00am and 6:00pm with the last boat into shore at 7:00pm. Rates are posted at the boat house.
- Damage to the boats caused by horseplay or operator error will be charged to the member.
- Individuals using the boats should not bring any valuables on to the water. Winding Trails will not be responsible for damage done to cell phones, car keys, etc.
- All boaters, whether in Winding Trails boats or their own must wear lifejackets. If we cannot properly fit your child in a lifejacket, they will be unable to accompany you in the boat – No Exceptions!
- All boaters operating an electric engine must be registered with the State of Connecticut and have a valid Safe Boaters Certificate and have a valid Safe Boaters Certificate. Electric motors not to exceed 5hp are permitted on the lake.
- No gas motors are allowed.
- Launching of boats is allowed only from the provided launch site across from the Main Office building.
- No inflatable boats are permitted.
- Boats are restricted from swimming areas.
- If you are transporting your boat to Dunning Lake from another lake, please be sure to wash your boat thoroughly prior to launch. This will help prevent the spread of weeds and other organisms from one lake to another. A hose is located on the side of the office building for your convenience.

■ Failure to follow the posted rules and regulations will result in forfeiture of your membership.



## BOAT STORAGE

- Boats may be stored across from the Main Office April 1st to November 15th for a fee of \$120. Space is limited.
- Limit 2 boat slips per membership.
- All boats are stored at the owner's risk. Winding Trails accepts no responsibility for loss or damage.
- Only one boat can be stored at each boat slip.
- Stickers will be issued showing the member number and assigned boat slip. Stickers must be visibly displayed on all boats. Boats without a sticker will be removed.
- Registration forms for storage of non-motorized boats less than 15 feet are available at the Main Office.
- Fees must be kept up to date. Once you are notified of delinquent fees the boat will be removed from the peninsula and not released until all delinquent fees are paid.



## FISHING RULES

■ Members, 16 years of age and older must have a valid fishing license. Children under 16 do not need a fishing license.

■ Please be sure to stick to posted limits on daily catches. Anyone with more than their limit will have his or her fishing privileges revoked. Keep in mind fishing is for all members. Over fishing only hurts all fishermen in the end. Please catch and release.



■ All boaters operating an electric engine must be registered with the State of Connecticut and have a valid Safe Boaters Certificate and have a valid Safe Boaters Certificate.

■ Members are allowed three trout or bass per day. If you bring a guest, you and your guests' limit together cannot exceed the five trout or bass limit per day.

■ Bass Protective Slot Limits: 12"-16" long bass are in a protective range and must be released. Only one bass over 16" may be kept each day

■ Failure to follow the posted rules and regulations will result in forfeiture of your membership.

## GENERAL POLICIES

■ Winding Trails membership runs the calendar year: January 1st – December 31st. There is no proration of your dues should you wish to terminate your membership early.

■ All vehicles must stop at the gatehouse to scan stickers and collect guest fees. Membership stickers must be affixed to the lower left side of your windshield. Stickers not affixed will be turned into the main office.

■ Walkers/Bikers should use the main gate and will be permitted in the park only if they can provide photo ID to verify membership. The Gate Attendant will verify membership.

■ All windows on the driver's side of the vehicle should be rolled down so the gate attendants can welcome drivers, verify members, and any guests.

■ Each membership is limited to 6 guests per day that are registered in advance online. Larger groups must call the office at (860) 677-8458 so special arrangement can be made.

■ Guests must park their vehicles outside the gate along the edge of the entrance roadway.

■ Members should park in the designated lots and not on the grass. Parking along the road creates problems with visibility. Parking violations will be issued for cars parking in non designated areas.

■ No dogs or other pets are allowed in the park.

■ Drive slowly in the park. Speed limit in the park is 20 MPH. Bikers, walkers and wildlife utilize the roadway as well as the cars.

■ Please dispose of diapers by wrapping in a plastic bag before putting in the trash receptacles. Use the baby changing stations and not the picnic tables for changing.

■ Toddlers/Babies must wear swim diapers in the lake.

■ Please put trash and recyclables in the proper receptacles. No glass containers, please.

■ Picnic Tables and Grills are used on a first come first serve basis. Reserving of tables is not allowed.

## PROGRAM REGISTRATION AND CANCELLATION POLICIES

### PROGRAM REGISTRATION

■ Participants will be notified by email if a class has been cancelled. Registration for most programs can be done online on our website. If you prefer, you can register by mail or in our main office.

### PROGRAM CANCELLATION POLICY

Winding Trails reserves the right to cancel any program due to low enrollment. Please register early!

■ Three working days prior to the start date for each program, a decision will be made to cancel or run the program. If canceled, you will be notified by Winding Trails and will receive a full refund.

■ Winding Trails reserves the right to combine or divide classes, to change the time, date, and/or location and to make other revisions in these offerings, which may become necessary.

■ Every effort will be made to make up classes. However, activities canceled due to circumstances beyond the control of Winding Trails that cannot be made up may not be refunded.

### REFUND POLICY

Winding Trails has multiple programs and specific policies for major programs such as camp and rentals. Please check website for details on these programs. The following refund policies are for our general programs and special events.

■ Full refunds will be given when requested up to one (1) week prior to the start of the program.

■ Once the decision has been made to run a particular program, no refund will be given unless Winding Trails can find a substitute, or there is a medical emergency.

■ Absolutely no refunds will be given for any attended portion of a program.

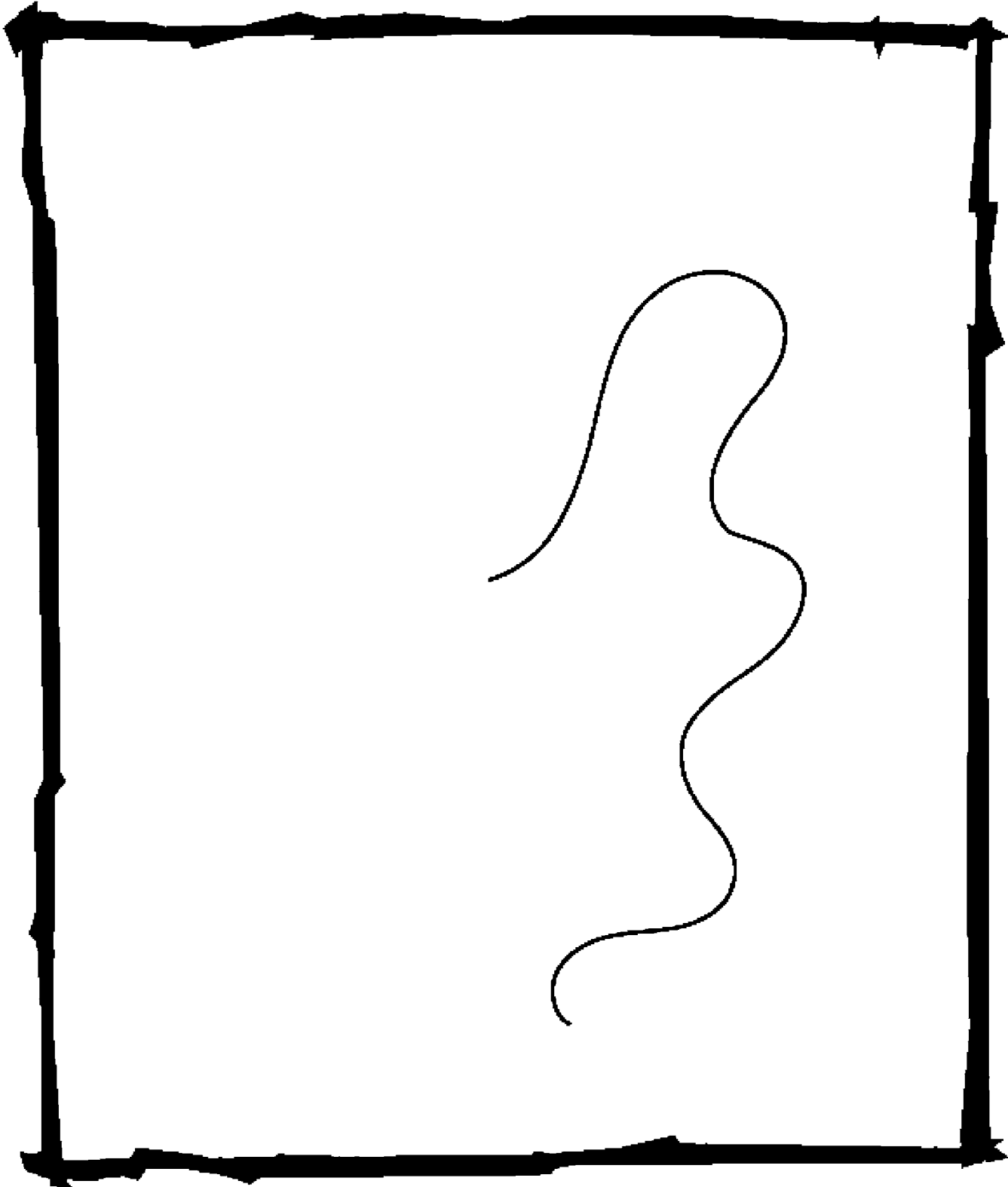
■ There will be no cash refunds. Allow two (2) to four (4) weeks to process a refund.

■ A \$25.00 fee will be assessed for *ALL* bounced checks!



# Finish the Picture

Use your imagination to finish the rest of this drawing.  
Send in your final drawing to [Kim@windingtrails.org](mailto:Kim@windingtrails.org)  
to be featured in the next newsletter & social media!





**Winding Trails, Inc.**  
 50 Winding Trails Drive  
 Farmington, CT 06032  
 (860) 677-8458 FAX (860) 676-9407  
 windingtrails.org

Non-Profit  
 Organization  
 U.S. Postage  
**PAID**  
 Permit #1754  
 Hartford, CT

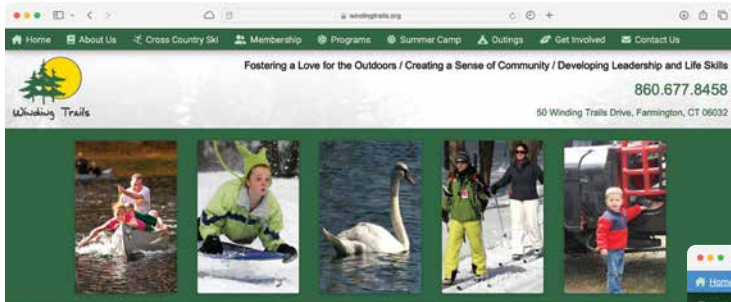
**MISSION STATEMENT**

*Winding Trails, Inc. is a non-profit, organization serving people from Farmington and surrounding communities, providing year-round recreational and educational activities for the enjoyment and growth of all families and individuals. Winding Trails is dedicated to the conservation and stewardship of the natural woodlands and waterways that allow outdoor programming, character development, and other activities that strengthen the lives of those we serve.*

# windingtrails.org

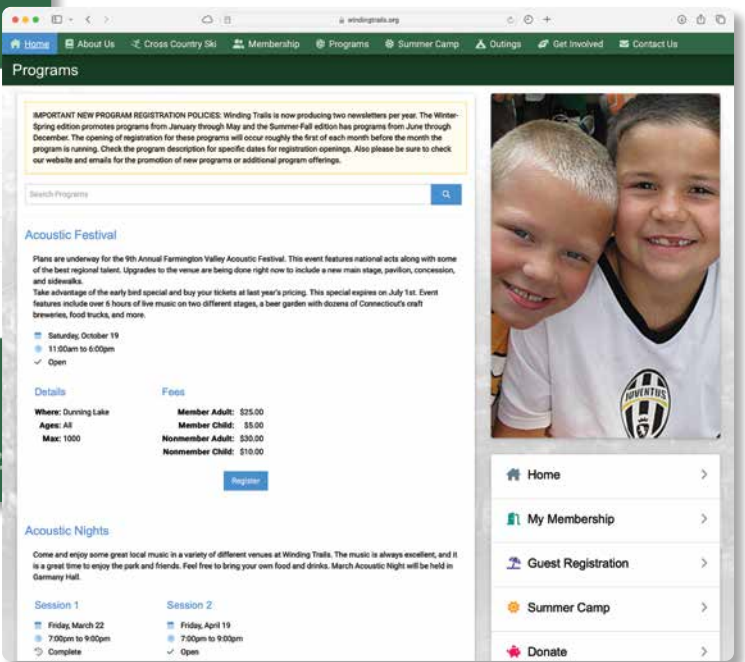
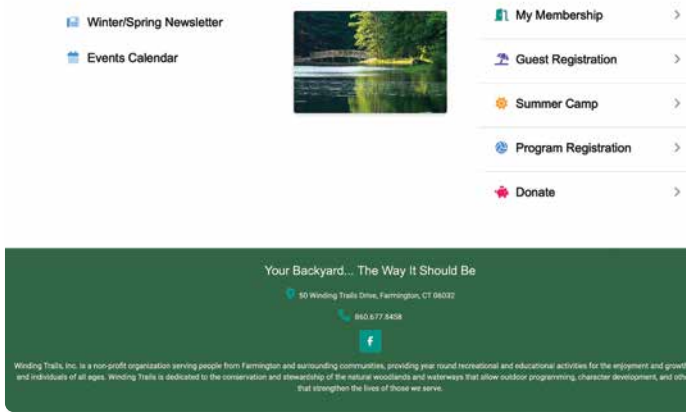
**SURFED OUR WAY LATELY?**

Visit our web site to learn more about our facilities and programs. We encourage our members and non-members alike to browse our site and send us feedback. Online Registration is available for most programs.



**FIND IT ONLINE**

Misplace your newsletter and need information fast? Not to worry, it is on the web. In addition, you can find program registration, medical forms, summer camp bus schedules, ski and skate conditions and much more.



*Fostering a Love for the Outdoors • Creating a Sense of Community • Developing Leadership and Lifeskills*