

Summer is coming soon! Look inside for Acoustic Festival, (page 18), Nature's Open House (Page 18), and Half Day Camps (page 22). Also, don't forget online registration for 2024 Membership renewals begins October 2nd (page 7).



SUMMER/AUTUMN 2023

Winding Trails Newsletter



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



Dear Friends,

As I am writing this letter, I am thinking about the coming beauty of spring at Winding Trails. This spring, I am also contending with my birthday and the unbelievable fact that I will be turning 60. My father used to always say the older you get the quicker time seems to go. As a child, I remember how the summers used to last forever and these days the summer seems to start and end in the blink of an eye. Having said that, I have had the honor, privilege, and forever memories of watching children grow at camp and see family and friends gather at the beach for the past 37 years. My milestone birthday has caused me to reflect on what is important to a good life and I want to share a few things while I can still jump up on the soapbox.

The first lesson comes from a family therapist who had a parenting tip involving what we can learn from dogs. I grew up with dogs and now two of my three children have dogs. You know how excited a dog gets when you come home? These dogs are just thrilled to see you. They wag their tail, jump up and down, and lick you. It doesn't matter what their day was like, they love to see you. We need to do that with our kids every time we see them. Show them you are happy to see them regardless of how bad your day might have been. It makes them feel delightful, worthy, and confident. It makes them feel like they belong. You need to do this while they are young and in their formative years. It will make a huge difference to their success as they navigate through what is an increasingly more complex and difficult world to grow up in. You also may not get the same reception when they become teenagers and then wonder why you are so excited.

The second lesson involves the balance of life, with short-term thinking, and long-term actions. How do we define happiness, work, and success? Everyone wants to be happy, win a lot, and be successful. However not everyone is willing to wake up early, stay late, and sacrifice. I may be showing my age, but I feel like some people today are looking for the shortcut to success. We need to teach our children that the journey is where the lessons are learned, the joy is realized, and they shouldn't be racing to get to the end. There are teachable moments to learn along the way, there are people and relationships to build, and fun to be had.

The last one is a no brainer, but you must make the time. I admit I need to do a better job on this topic. Call the people you love! Don't send them a text or an email, call them on the phone or better yet, tell them in person that you love them and thank them for being in your life. Listen to them for as long as they want to talk. You never know when that chance will be taken from you.

Let me get off the box and back into business. As you return to the lake this year, you will see we have continued our improvements. We added a retaining/seating wall around the playground along with a new shade structure, benches, and sidewalk to the beach. It is part of our continued commitment to completing the Dunning Lake Master Plan. You will also find that we have updated and replaced many of the park signs. One new sign you see is a solar speed limit sign on our entrance road. This sign will let you know how fast you are going and a friendly reminder that the park speed limit is 20 mph.

Also note this newsletter covers our summer and fall seasons. This is our new publication cycle and it is written 6 months in advance. Be sure to reference our website for the latest information and the addition of new programs. Look through all the opportunities and note that registration will open approximately one month before the start of each program.

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 are looking forward to the warmer months and enjoying all that the changes each season offers. Winding Trails will continue to be a space where you can relax, rejuvenate, and enjoy time with family and friends. 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 2023 BOARD OF DIRECTORS

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Tom Atkins	Aliza Elwell	Jeff Rogers
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	Jim Platosh	

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.

GUEST FEES

Guests of members must be registered online at 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.

WINDING TRAILS STAFF • (860) 677-8458

Membership/Programs Admin.	Kim Kowalski	Ext. 10	kim@windingtrails.org
Recreation Supervisor	Bailey Dailey	Ext. 11	bailey@windingtrails.org
Camp Administrator	Renee Felter	Ext. 12	renee@windingtrails.org
Recreation Supervisor	Shawn Hussey	Ext. 13	shawn@windingtrails.org
Outdoor Adventure Coordinator	Mike Trevail	Ext. 14	mike@windingtrails.org
Education Director	Mark Dale	Ext. 16	mark@windingtrails.org
Executive Director	Scott Brown	Ext. 18	scott@windingtrails.org
Financial Manager	Pat Schnee	Ext. 19	pat@windingtrails.org
Park Director	Bryan Martin	Ext. 21	bryan@windingtrails.org
Camp Director	John Myska	Ext. 31	john@windingtrails.org
Park Maintainer	Anthony Baio		
Park Maintainer	Sam Dougherty		
Park Maintainer	Kyle Harding		
Park Maintainer	Nicholas Voitkevics		

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, sex, 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.

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 29th and Tuesday, 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 3rd to Monday, September 4th, hours will depend on staff availability. Please keep an eye on the website for any updates to swimming hours. The gate locks promptly at dusk. (Please refer to your membership handbook for policies and regulations or our website www.windingtrails.org on the Membership page).

THE GRILLE HOURS

The Grille is our concession stand at Dunning Lake located on the west side of the bathhouse. It is open on June 3rd – 4th and 7 days a week starting June 10th through August 20th. The Grille will be open weekends only August 26th – 27th and September 2nd – 4th depending on staff coverage. The Grille hours are from 11:30am – 7:00pm.



FISHING ON DUNNING LAKE

Dunning Lake is open for fishing year round with the exception of the week of March 27th – 6:00am to Saturday, April 1st. 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 April 1st 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.

NATURE'S PORCH HOURS

Nature's Porch is located on the eastern shore of Walton Pond and offers nature-themed "drop-in" activities during the hours 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. Come visit us and explore this portion of the property!

Saturday & Sundays, April 29th – Sept 24th . . . 12:00pm – 5:00pm
Mondays, May 29th & September 4th 12:00pm – 5:00pm

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 Thursday, June 1st at 5:00pm for our annual treatment. The lake will be open the following day after this application. We apologize for the inconvenience.

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



PICKLEBALL AND TENNIS INFORMATION

The tennis and pickleball courts are 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 26th – June 30th. The pickleball courts may occasional be used by the camp program Monday – Friday from 10:00am to 3:00pm, June 26th to August 18th.

CALLING ALL PICKLEBALL ENTHUSIASTS

Interest in this sport is surging across the country. We have three permanent pickleball courts. We have had interest from some members about meeting other pickleball enthusiasts. If you have an interest in finding others to play, please email kim@windingtrails.org with your skill level, preferred time to play, and phone number. We will then share that information only within the group and you can make new friends, get some exercise, and enjoy this sport.

BOAT RENTAL FEES

Boat rentals are open every day from 11:00am to 7:00pm from June 3rd until September 4th, depending on lifeguard staffing. All persons renting a boat must be at least 8 years of age and a level 4 swimmer. All boaters must wear a lifejacket, 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.

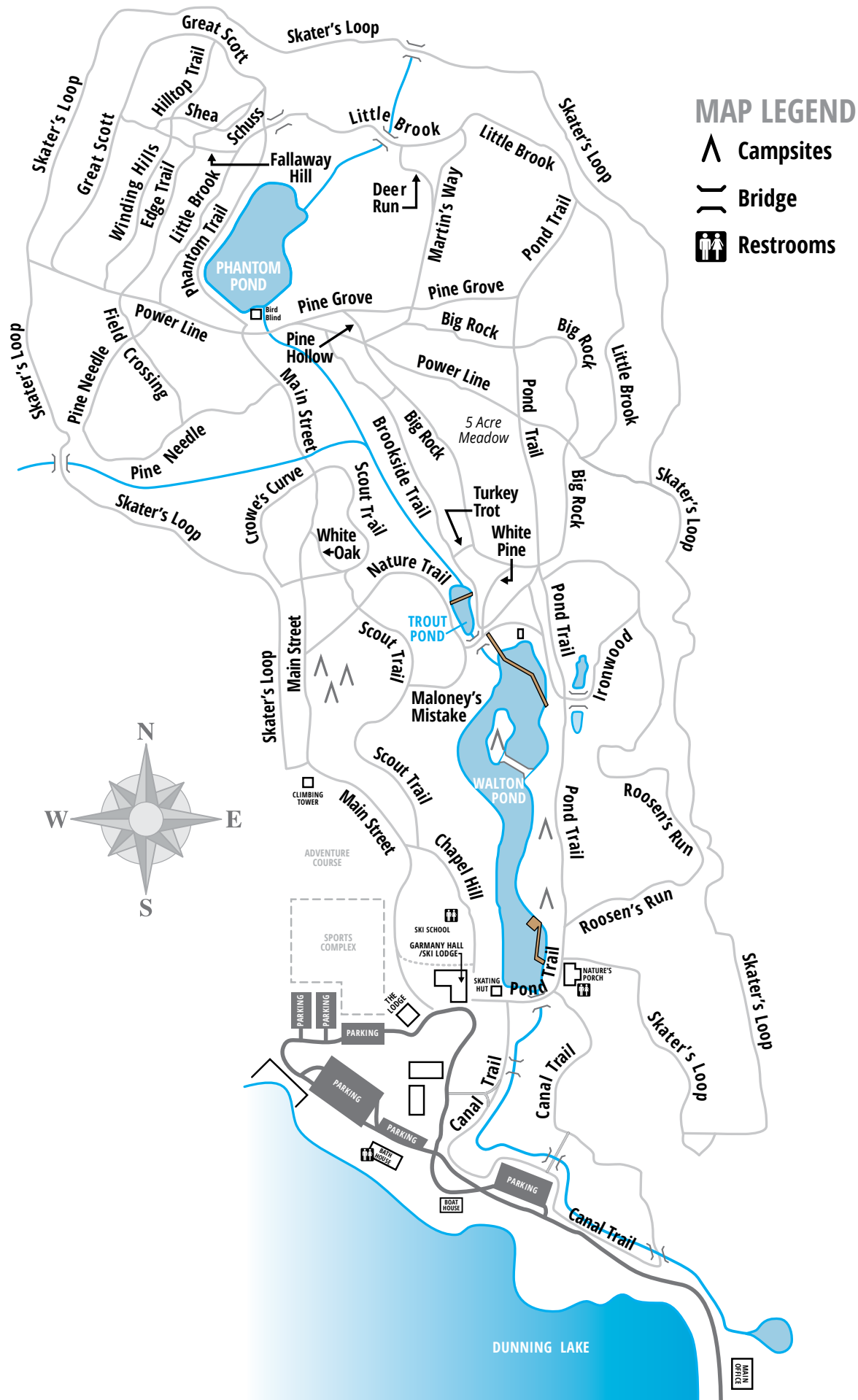
Rental fees are as follows:

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

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.







DONATE ONLINE!

Each year Winding Trails mails a Trails Fund solicitation to all our constituents looking for donations. This is our one formal plea; however, we do welcome your donations at any time of the year. It is easy to support Winding Trails with a tax-deductible donation. You can visit windingtrails.org and click on the DONATE button to make an online donation. You may choose to support our campership program, the environment, Dunning Lake improvements, 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!

**RENEW
EARLY AND HAVE
A CHANCE TO WIN!**

A CHANCE TO WIN!
All members who renew their membership for the 2024 season between October 2nd and November 14th will be entered into a drawing to win a full refund for their 2024 membership.
REGISTER EARLY!

2024 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 2nd. 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, 2023. 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. *Deadline for renewal is December 31, 2023 and this is strictly enforced.*

Camp Corner



Winding Trails Summer Day Camp celebrated its 75th Anniversary last summer with several special events. These included a staff reunion with staff from decades as far back as the 1960's. Our camp has provided summer employment for over 3,000 individuals since its humble opening in 1947. As many of those staff move on to full time employment, they share with us how incredible their work experience was. It has taught them so many skills that they use today, and it was also where they met some of their best lifelong friends. It is also great to hear how older staff alumni reflect on how Winding Trails was the best job they ever had. Last summer we even had a visit from Roz Terwilliger, one of the original campers. Asking questions of a camp legend was a highlight for many of our campers. We ended the summer by holding a wonderful 75th Anniversary camp event in September raising over \$10,000 for the camp program.

This year there will be several changes in our camp program. We start at the top with a new Camp Director. Keith Garbart our Camp Director for the past 14 years moved on to another position in early December. We appreciate all Keith has done for Winding Trails and its campers over the years. We wish him nothing but good luck and prosperity in the next chapter of his new camp life.

Moving up into this position will be John Myska who has been with our program as Asst. Camp Director for the past 20 years. Prior to working with us, John spent many years working at overnight camp programs rounding out his camp experiences. John has become a staple at camp with his patented morning saying of “That is ALLLLLLLLLLLLLLLLLLLLLLLLLLL the buses!” His warm personality, talent for leading camp songs, and iconic beard have made him a favorite of campers and staff alike. We are confident he will continue to help us deliver the quality camp program our families have come to love and expect.

Some new traditions will begin this summer with the changing of all our unit names to wildlife that has been seen on the property (*see map on the opposite page*). Our preschool campers will start as a Cub. If they stay with us until 8th grade, they will graduate from camp as a Black Bear. As they move through the different age groups that they will be referred to as a Fawn, Owl, Raccoon, Hawk, Snapper, Bobcat, Eagle, and Moose. These name changes provide us the opportunity to teach our campers about each of these animals and their unique characteristics. We will also be building a new Gaga Pit in our upper camp section similar to the popular one built in middle camp last year. We are sure this will be welcomed by our Gaga enthusiasts. We are also adding some additional mountain bikes to our biking program.

Camp is the foundation on which Winding Trails was built and we look forward to serving children for the next 75 years. The benefits of camp are endless, and we are committed to creating a sense of community, fostering a love for the outdoors, and developing leadership and life skills in our kids.





Still on the Beach

By Bailey Dailey

Winding Trails tries to capture moments in time and place with photographs. You do this with your family to capture great moments and memories. It is amazing when you look at certain photographs of past events and you are immediately transported to that time and place. I was looking for a beach picture last summer when I came across a photo from 2012. I looked closer and was brought back to that 2012 August morning during third session swim lessons. In the picture was Ben and Nina on a rescue board with their swim instructor. These young people not only grew up on Winding Trails beach, but they are now working for us and can still be found on the beach. So, we recreated the picture a decade later. Let me introduce you to this summer's Trail Kids.

Ben and Nina's families both became members in the early 2000's. They took the Lifeguarding course when they were 15 and applied as soon as they could to work on the Waterfront. In 2021 they decided they wanted to help the next generation of Lifeguards and became Lifeguard Instructors. This year they are both a part of the waterfront leadership team! I asked them a few questions about their childhood and employment here at Winding Trails.

What is your favorite memory of growing up at Winding Trails?

Nina: Eating Naples Pizza on the beach! My family usually had swimming lessons in the morning, which meant we would leave by early afternoon. But on really nice days, we would stay



until dinner, and after my dad got out of work, he would bring pizza.

Ben: My favorite memory of my childhood at Winding Trails was spending all day there every Fourth of July. We would come early in the morning so we could get a picnic table, and then my family and a couple family friends would grill burgers and hangout all day. It was always the best day of my summer. A close second would be the countless games of pickle I've played in front of the old playground (I apologize if you were ever hit by a tennis ball).

What made you want to become a Lifeguard?

Nina: I started swimming lessons when I was four years old, so I always looked up to my teachers. The first step to becoming a swim instructor is getting a lifeguard certification, so I started with that. I realized I loved lifeguarding so much that I decided to stick with it, and now I teach future guards too!

Ben: I wanted to become a lifeguard because of my love for helping others. I knew that as a lifeguard I would have the opportunity to help people stay safe and maximize their enjoyment of the beautiful summer weather. I was also very eager to learn skills like CPR so that I would be better equipped to handle any situation.

Why did you apply for a lifeguard position here at Winding Trails?

Nina: The waterfront aspect of Winding Trails was something I wanted to keep when I got a lifeguarding job. Being a waterfront lifeguard is definitely different from being a pool

lifeguard, but since I was around it so much when I was so little, it felt natural to stay.

Ben: I applied to be a lifeguard at Winding Trails for a couple reasons. Spending my summers there gave me a greater appreciation for the lifeguards and the work they put in to make sure everyone stayed safe and happy. I also applied to work at Winding Trails because my older brother had been working there for a couple years at the time, and I wanted to follow in his footsteps.

What do you love about working at Winding Trails?

Nina: The people! When I started at Winding Trails, the guards became some of my best friends. We've done team triathlons, had ice cream after work, and stopped for breakfast after morning training. We have so much fun together that I always look forward to going in for work.

Ben: I love so much about my job here at Winding Trails. The feeling of community I get from not only our lifeguards but from the staff as a whole is unmatched. I have met some of my best friends and some of the nicest people working at Winding Trails. There is also nothing that beats working outside at a beach the whole summer, and while the killer tan I get is not the main reason I work here, it is certainly an added bonus.

Why did you decide to apply and be a part of the Waterfront Leadership Team?

Nina: I had a super supportive Leadership Team when I started as a guard, and their support helped me reach my potential. I want to do the same for the guards at Winding Trails now.

Ben: I decided to apply for a leadership role last summer because I knew I had what it took to be an effective leader. After maturing through my first three summers at Winding Trails and also having leadership roles in high school, I felt prepared for the extra responsibilities. Also, my older brother was on the leadership team during my first summer at Winding Trails, so I was able to learn a lot from him during those couple months and that experience made me ready to fill his shoes. Having your brother be your boss wasn't half bad.

What is one piece of advice you would give someone looking to be a lifeguard?

Nina: Be brave! The job can be intimidating at first, but the people around you are there to support you. If you put in the work to improve your skills and trust yourself and your decisions, it will get easier!

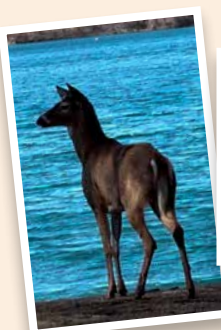
Ben: One piece of advice I would give someone looking to be a lifeguard is to just go for it. Getting certified isn't always the most stress-free process, as you learn a lot in a very short amount of time, but anyone can be a lifeguard if they work hard at it. Being a lifeguard for 5 years has been the most rewarding experience of my life and I know I'm not the only one who feels that way. If you're considering the same path, I encourage you to give it a shot.

Photographs do make for great memories. It is such an honor and privilege to meet, teach, mentor, and work with so many great young people. Winding Trails is one very large family, and it is the largest employer of young adults in the Valley. Winding Trails beach is a place for families, friends, and memories. So, as you are sitting on the beach this summer, look around and watch all those energetic kids running, laughing, playing with friends, and capture those memories. You are witnessing the next generation of Trails Kids.



DUNNING LAKE HAPPENINGS

Dunning Lake continues to be a destination for relaxation and rejuvenation for people of all ages. The crystal spring fed waters, scenic sunsets, and smells of grilling make summers memorable. Last year, we saw the completion of the next big initiative on the Dunning Lake Master plan. After three years of planning and design, the new playground was enjoyed by everyone. Since last summer we have added roofs to each playscape, a 10-foot climbing bear, and set of stairs to our popular gravity rail ride. This spring we will finish this project with the addition of a 90-foot retaining/sitting wall, a large shade structure, new benches, and sod. This will complete the playground project and be the central point for families to meet, play, and enjoy the park. We will also be installing new sidewalks from the bathhouse to the beach to provide easy access to the beach. A new beach wheelchair has been purchased to aid anyone needing assistance getting into the water. We also spent many weeks during the warm winter improving our DL Bathhouse. This includes major upgrades to the Men's room with new wall covering, painting, and lighting. The Ladies' room has also been upgraded with new high flow touchless toilets.



The activities at the beach will be abundant. Whether it is just informal swimming, picnicking, boating, Acoustic Night, or Last Blast, Dunning Lake will have something for everyone. Be sure to read through this newsletter and watch for the registration opening for each program. The beach will be guarded starting on Saturday, June 3rd through Labor Day depending on staff availability. We look forward to another safe and enjoyable summer.



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 new Mountain Bike Series, followed by our long-standing Triathlon Series, and ending the season with The 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. Demo bikes will be available as well as certified bike mechanics to check your ride. Get your body ready for the season! This event is FREE! No registration required.

Date: Tuesday, May 30th
Time: 5:00pm – 7:30pm

Schedule of Events will be announced in May!

Where: Transition Area (located by Walton Pond)

Fee: Free

Minimum: 20 Maximum: 200

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. *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 6th – August 15th (No Race on July 4th)
* August 15th end-of-the-series party
(free for those participating in 5 or more races)

Time: 6:15pm – 8:00pm (Registration opens at 5:00pm)

Where: Tri Transition area

Ages: 10 and over

Minimum: 30 Maximum: 200

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 CAN do this one and work up to the sprint distance. *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 6th – August 15th (No Race on July 4th)
* August 15th end-of-the-series party
(free for those participating in 5 or more races)

Time: 6:00pm – 8:00pm (Registration opens at 5:00pm)

Where: Tri Transition area

Ages: 10 and over

Minimum: 10 Maximum: 100

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	\$25.00	\$245.00	\$210.00	\$140.00	\$50.00	\$10.00
Student	\$25.00	\$20.00	\$175.00	\$140.00	\$100.00	\$40.00	—



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 3 races and earn a free T-shirt! *Registration will open on June 1st for this program.*



Session I

Date: Tuesday, July 11th

Session II

Date: Tuesday, July 18th

Session III

Date: Tuesday, July 25th

Time: 4:00pm - 4:30pm (Registration opens at 3:00pm)

Ages: 5 - 10

Where: Dunning Lake Peninsula area

Fee: \$10.00 race fee

Member Fee: \$5.00 race fee

Minimum: 20 Maximum: 75

SPECIAL THANKS TO LAST YEAR'S SPONSORS



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 3rd. Weekly registration will open each Thursday before the race.*

Date: Tuesdays, August 29th - September 26th

Time: 6:00pm - 8:00pm

Where: Tri Transition area

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 LAST YEAR'S TRAIL RUNNING 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! 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: Birds Building Nests

Date: Saturday, June 10th

Session II: Fish of Walton Pond

Date: Saturday, July 15th

Session III: Let's Get Wet Exploring Water!

Date: Saturday, August 5th

Session IV: Migration to Warm Places

Date: Saturday, September 9th

Session V: How Nature Uses Plants

Date: Saturday, October 14th

Session VI: Animals Get Ready for Winter

Date: Saturday, November 4th

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.

All these activities and more are out there to explore! 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: Birds Building Nests

Date: Saturday, June 10th

Session II: Fish of Walton Pond

Date: Saturday, July 15th

Session III: Let's Get Wet Exploring Water!

Date: Saturday, August 5th

Session IV: Migration to Warm Places

Date: Saturday, September 9th

Session V: How Nature Uses Plants

Date: Saturday, October 14th

Session VI: Animals Get Ready for Winter

Date: Saturday, November 4th

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.*

Dates: Performers

Session I Friday, June 9th
Cody Bondra

Session II Friday, July 14th
John Mayock

Session III Friday, August 4th
Brian Blumethal a.k.a. "Blommer"

Session IV Friday, September 8th
Kerrie Stelly

Time: 7:00pm – 9:00pm

Place: Boathouse Pavilion

Ages: All Ages

Fee: \$7.00 for Nonmembers Adults,
\$5.00 for Nonmember Children ages 3-15

Member Discount Fee: Free

Minimum: 25 Maximum: 300

BIRDWATCHING: SEASONAL EVENTS

Join Blair Wlochowski, Winding Trails' birding volunteer, as we explore the Winding Trails' property to discover what birds are found here during the changing seasons. Learn tips on how to enhance your birding skills and work on your Bird Life List. The walks will travel through many habitat areas, so a good variety of birds are expected to be seen. Always dress for the weather and wear a good pair of walking shoes. *Registration opens the first Monday of the month, prior to each program date.*

Session I: Summer Breeding

Date: Saturday, June 10th

Walk Time: 6:00pm – 8:00pm

Session II: Fall Migration

Date: Sunday, September 17th

Walk Time: 8:00am – 10:00am

Ages: Adults and Children 13 and up

Where: Boathouse Pavilion

Fee: \$10.00

Member Fee: Free

Minimum: 4 Maximum: 16

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

Date: Wednesday, June 28th

Time: 6:00pm – 8:00pm,
dinner will be served 6:30 – 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 12th

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

Where: Walton Pond

Menu: Garden Salad, baked potato
(toppings: nacho cheese, shredded cheese, bacon bits, broccoli, chili, sour cream, chives, butter), dessert, & 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 GAME NIGHT!

Bring your family for a game night at Winding Trails! Join us at the Boathouse Pavilion for food, trivia, board games, and much more! Pizza, snacks, dessert, and beverages will be included. Don't miss out on the fun! This is a member only event. *Registration opens the first Monday of the month, prior to each program date.*

Date: Wednesday, August 9th

Time: 6:00pm – 8:00pm

Where: Boathouse Pavilion

Menu: Pizza, snacks, dessert, and beverages

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

Minimum: 50 Maximum: 200



ANIMAL ADVENTURE PROGRAMS PRESENTED WITH DONATIONS FROM THE TRAILS FUND

Come and see the animals, learn about them and hear some interesting stories about how they survive. Each program session will highlight a different group of animals. This is a fun and unique learning experience to be enjoyed by all. *Registration opens the first Monday of the month, prior to each program date.*

Session I: Wildlife on Wheels

Date: Thursday, June 29th
Time: 6:00 pm – 7:00 pm
Where: Amphitheater
Ages: All Ages
Fee: Free
Minimum: 25 Maximum: 125

Session II: Curious Creatures

Date: Thursday, August 10th
Time: 6:00pm – 7:00pm
Where: Amphitheater
Ages: All Ages
Fee: Free
Minimum: 25 Maximum: 125

Session III: Riverside Reptiles

Date: Sunday, September 24th
Time: 1:00pm – 2:00pm
Where: Amphitheater
Ages: All Ages
Fee: Free
Minimum: 25 Maximum: 125

SHIPWRECK: THE ULTIMATE SURVIVAL QUEST

This new 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 11th
Time: 2:00pm – 4:30pm

Session II

Date: Saturday, July 29th
Time: 9:00am – 11:30pm

Session III

Date: Sunday, September 10th
Time: 1:30pm – 4:00pm

Session IV

Date: Saturday, October 14th
Time: 1:30pm – 4:00pm

Ages: 7 years 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

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 11th
Time: 10:00am – 12:00pm

Session II

Date: Saturday, July 29th
Time: 1:00pm – 3:00pm

Session III

Date: Saturday, August 12th
Time: 10:00am – 12:00pm

Session IV

Date: Sunday, September 10th
Time: 10:00am – 12:00pm

Session V

Date: Saturday, October 14th
Time: 10:00am – 12:00pm

Ages: 4 and up

Where: Meet at the Climbing Tower

Fee: \$30.00

Member Discount Fee: \$20.00

Minimum: 15 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 23rd - Saturday June 24th
Time: 5:30pm Friday - 9:00am Saturday

Session II

Date: Friday, July 14th - Saturday, July 15th
Time: 5:30pm Friday - 9:00am Saturday

Member Fee: Adults \$15.00, Children (4 -12) \$10.00
Minimum: 20 Families Maximum: 50 Families



WINDING TRAILS HIKING CLUB

This new program will introduce you to the joys of hiking various green spaces outside of Winding Trails. Each session will be at a different location and a variety of views and hikes. You would need to provide transportation to the hiking locations and where appropriate apparel. Directions will be provided after registration. *Registration opens the first Monday of the month, prior to each program date.*

Session I: Rattlesnake Mountain

Date: Sunday, September 10th

Session II: Heublein Tower

Date: Sunday, October 15th

Session III: Sleeping Giant Tower Trail

Date: Sunday, November 5th

Ages: 8 and older

Start Time: 9:00am

Where: Meet on location

Fee: \$15.00

Member Discount Fee: \$10.00

Minimum: 6 Maximum: 20



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 19th

Time: 4:00pm - 10:00pm

Where: Dunning Lake Area.

Ages: All ages

Fee: Free

Sorry no guests allowed on this day.

FRIDAY NIGHT CLIMBING UNDER THE STARS

This new program gives participants an opportunity to explore the climbing tower after dark. The excitement grows as nighttime 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 15th

Time: 7:00pm - 9:00pm

Ages: 7 to 12 years olds

Session II

Date: Friday, October 13th

Time: 6:30pm - 8:30pm

Ages: 7 to 12 years olds

Session III

Date: Friday, November 3rd

Time: 6:30pm - 8:30pm

Ages: Families with children ages 7 to 12 years olds

Where: Meet at the Climbing Tower

Fee: \$30.00

Member Discount Fee: \$20.00

Minimum: 15 Maximum: 30



CALENDAR OF EVENTS

JUNE

Dunning Lake Opens for Swimming.....	Saturday, June 3rd
American Red Cross Lifeguarding Course, Session I.....	Mon. – Thurs., June 5th – 15th
Tri-Training Series	Tuesdays, June 6th – August 15th
Summer Adult Luncheon.....	Wednesday, June 7th
Acoustic Night	Friday, June 9th
Little Kids Exploring Nature: Birds Building Nests	Saturday, June 10th
Families Exploring Nature: Birds Building Nests	Saturday, June 10th
Birdwatching: Summer Breeding	Saturday, June 10th
Shipwreck: The Ultimate Survival Quest, Session I	Sunday, June 11th
Climbing Tower Day, Session I	Sunday, June 11th
American Red Cross Lifeguarding Course, Session II	Mon. – Thurs., June 19th – 29th
Play & Stay	Friday, June 23rd – Saturday, June 24th
Tennis Camp	June 26th – 30th
Little Feet Sports Camp, Session I.....	June 26th – 30th
Introduction to Boats, Session I.....	June 26th – 30th
Summer Day Camp, Session I.....	June 26th – July 7th
Sailing Lessons, Session I.....	June 26th – July 7th
Winding Trails Summer Kick Off	Wednesday, June 28th
Walk, Talk, & Gawk Adult Walk: Birds Building Nests ..	Thursday, June 29th
Animals Adventure Program: Wildlife on Wheels.....	Thursday, June 29th
Summer Fun Drop In Events.....	Fridays, June 30th – August 18th

JULY

Golf Camp	July 3rd – 7th
Winding Trails Wacky Relays.....	Wednesday, July 5th
Basketball Camp	July 10th – 14th
Little Feet Sports Camp, Session II	July 10th – 14th
Introduction to Boats, Session II	July 10th – 14th
Archery Lessons Session I.....	Mon. & Wed., July 10th – July 19th
Archery Lessons Session II	Mon. & Wed., July 10th – July 19th
Summer Day Camp, Session II	July 10th – 21st
Sailing Lessons, Session II	July 10th – 21st
Kids Triathlons	Tuesday, July 11th, 18th, & 25th
Pickleball for Intermediate Players.....	Wednesday's, July 12th-August 2nd
Baked Potato Fest	Wednesday, July 12th
Acoustic Night	Friday, July 14th

Introduction to Boats Session IV.....	August 7th – 11th
Summer Day Camp, Session IV	August 7th – 18th
Sailing Lessons, Session IV	August 7th – 18th
Family Game Night	Wednesday, August 9th
Walk, Talk, & Gawk Adult Walk: Exploring Water	Thursday, August 10th
Animal Adventure Program: Curious Creatures	Thursday, August 10th
Climbing Tower Day, Session III	Saturday, August 12th
Flag Football Camp	August 14th – 18th
Last Blast	Saturday, August 19th
Winding Trails/Leszek Wrona Soccer Academy	August 21st – 25th
Trail Running Series.....	Tuesdays, August 29th – September 26th

SEPTEMBER

Archery Lessons, Session V.....	Tues. & Thurs., September 5th – 14th
Archery Lessons, Session VI	Tues. & Thurs., September 5th – 14th
Acoustic Night.....	Friday, September 8th
Little Kids Exploring Nature: Migration to Warm Places	Saturday, September 9th
Introduction to Pickleball	Saturdays, September 9th – 30th
Families Exploring Nature: Migration to Warm Places.....	Saturday, September 9th
Climbing Tower Day, Session IV	Sunday, September 10th
Hiking Club, Session I	Sunday, September 10th
Shipwreck: The Ultimate Survival Quest, Session III	Sunday, Sept. 10th
Pilates at the Boathouse	Wednesdays, September 13th – October 11th
Arts & Crafts for Preschoolers.....	Wednesdays, Sept. 13th – October 11th
Friday Night Climbing Under the Stars, Session I.....	Friday, September 15th
Birdwatching: Morning Fall Migration	Sunday, September 17th
Winding Trails Cross Country Invitational Meet ..	Saturday, September 23rd
Walk, Talk, and Gawk Adult Walk: What's Migrating?	Sunday, September 24th
Animal Adventure Program: Riverside Reptiles	Sunday, September 24th
Kid's Night Out, Session I.....	Friday, September 29th
Nature's Open House	Saturday, September 30th

OCTOBER PROGRAMS

Nature's Open House	Sunday, October 1st
Fall Evening Indoor Spinning, Session I ..	Tuesdays, October 3rd – Dec. 12th
ARC Adult & Pediatric First Aid/CPR/AED Training ..	Wednesday, October 4th
Kid's Mountain Bike Club	Wednesdays October 4th – 25th

Play & Stay	Friday, July 14th – Saturday, July 15th
Little Kids Exploring Nature: Fish of Walton Pond	Saturday, July 15th
Families Exploring Nature: Fish of Walton Pond	Saturday, July 15th
Lacrosse Camp	July 17th – 21st
American Red Cross Lifeguarding Course, Session III	Mon. – Thurs., July 17th – 27th
Youth Adventurers Camp, Session I	July 17th – 21st
Wet & Wild	Wednesday, July 19th
American Red Cross Lifeguarding Information	Thursday, July 20th
Walk, Talk, & Gawk Adult Walk: Animal and Plant Connections	Sunday, July 23rd
Soccer Camp	July 24th – 28th
Youth Adventurers Camp, Session II	July 24th – 28th
Introduction to Boats, Session III	July 24th – 28th
Summer Day Camp, Session III	July 24th – August 4th
Sailing Lessons, Session III	July 24th – August 4th
Archery Lessons Session III	Tues. & Thurs., July 25th – August 3rd
Archery Lessons Session IV	Tues. & Thurs., July 25th – August 3rd
Shipwreck: The Ultimate Survival Quest, Session II	Saturday, July 29th
Climbing Tower Day, Session II	Sunday, July 29th
Volleyball Camp	July 31st – August 4th
Youth Adventurers Camp, Session III	July 31st – August 4th

AUGUST

Winding Trails Olympics	Wednesday, August 2nd
Acoustic Night	Friday, August 4th
Little Kids Exploring Nature: Let's Get Wet Exploring Water!	Saturday, August 5th
Families Exploring Nature: Let's Get Wet Exploring Water!	Saturday, August 5th
Baseball Camp	August 7th – 11th
Little Feet Sports Camp, Session III	August 7th – 11th

Fall Evening Indoor Spinning, Session II ...	Thursdays, October 5th – Dec. 14th
Fall Adult Luncheon	Thursday, October 5th
Pickleball for Intermediate Players Saturdays	October 7th – 28th
ARC Adult & Pediatric First Aid/CPR/AED Recert. ...	Wednesday, October 11th
Walk, Talk, and Gawk Adult Walk: How Nature Uses Plants	Thursday, October 12th
Friday Night Climbing Under the Stars, Session II	Friday, October 13th
Little Kids Exploring Nature: How Nature Uses Plants ...	Saturday, Oct. 14th
Families Exploring Nature: How Nature Uses Plants	Saturday, October 14th
Sky Gazing	Saturday, October 14th
Climbing Tower Day, Session V	Saturday, October 14th
Shipwreck: The Ultimate Survival Quest, Session IV ..	Saturday, October 14th
Hiking Club, Session II	Sunday, October 15th
Acoustic Festival	Saturday, October 21st
Haunted Trails	Saturday, October 28th

NOVEMBER PROGRAMS

Walk, Talk, and Gawk Adult Walk: Last Remnants of Autumn	Thursday, November 2nd
Wood Floral Craft Workshop: Winter Wreath	Friday, November 3rd
Friday Night Climbing Under the Stars, Session III	Friday, November 3rd
Kid's Night Out, Session II	Friday, November 3rd
Little Kids Exploring Nature: Animals Get Ready for Winter	Saturday, November 4th
Families Exploring Nature: Animals Get Ready for Winter	Saturday, November 4th
Hiking Club, Session III	Sunday, November 5th
Tom Turkey Hunt	Saturday, November 18th – Sunday, November 26th

DECEMBER PROGRAMS

Holidays at the Trails	Sunday, December 3rd
Santa's Calling	Week of December 18th – 22nd

For program information and registration, please visit www.windingtrails.org





WINDING TRAILS CROSS COUNTRY INVITATIONAL MEET

Winding Trails will be hosting the 11th 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 23rd
 Time: 7:30am – 3:30pm
 Where: Garmany Hall
 Ages: All Ages
 Parking Fee: \$5 for the general public
 Free for Members



NATURE'S OPEN HOUSE SPONSORED BY THE ALEXANDER FRANKLIN FOUNDATION

Enjoy the beauty of Winding Trails in the fall while touring over 90 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 2023. Contact Mark at mark@windingtrails.org for more information.

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

Session I

Date: Saturday, September 30th

Session II

Date: Sunday, October 1st

Time: 10:00am – 4:00pm

Ages: All ages

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



SKY GAZING AT WINDING TRAILS PRESENTED WITH DONATIONS FROM THE TRAILS FUND.

Come out and see the “darker” side of Winding Trails and the night sky. Join Smith College instructor and children's author, Meg Thacher as she provides us with a look into the April constellations and tells their stories. She will show us how to use binoculars and what to look at. You will look through a telescope at the Moon, Mars, Venus, the Orion Nebula, and star clusters.

At the end of the program, Meg will be available to sign her award winning children's book – Sky Gazing. Copies of the book will be available for \$20 or feel to bring your own. Bring a flashlight, and Meg will teach you how to turn it into a night-vision-friendly Astronomy Flashlight! You are also encouraged to bring your own binoculars or telescope if you can. *Registration opens the first Monday of the month, prior to each program date.*

Date: Saturday, October 14th Cloud date – October 21st
 Time: 7:00pm – 8:30pm
 Where: Dunning Lake Boathouse
 Ages: 7 and up
 Fee: \$5.00 per person
 Member Fee: Free
 Minimum: 25 Maximum: 75

ACOUSTIC FESTIVAL AT WINDING TRAILS

This festival has grown to be one of the favorite fall music events in CT. Farmington Valley Acoustic Festival celebrates its 8th year with more top notch national and local acts on the colorful grounds along Dunning Lake. This year's festival headliners will be Toronto-based **Enter the Haggis**. They combine bagpipes and fiddles with a rock rhythm section to create a distinctly eclectic sound. Joining them will be **Damn Tall Buildings**. This four-member band blends elements of bluegrass, blues, roots-rock, and vintage swing to create a captivating and high energy sound. Rounding out the main stage will be **Ruta Beggars** and **Kala Farnham**. On the boathouse stage will be various other talented local acts for your enjoyment. There will also be a beer garden featuring dozens of local breweries sponsored by CLARKHIRTH CPAS. *Tickets on sale now at windingtrails.org*

Date: Saturday, October 21st (Rain or Shine)
 Time: 11:00am – 6:00pm
 Where: Dunning Lake
 Ages: All Ages
 Fee: Advanced Tickets \$30.00 for Adults
 Advanced Tickets \$10.00 for Children 10 – 15 years old
If available, tickets at the door will be \$40.00 for Adults and \$15.00 for Children
 Member Discount Fee: Advanced Tickets \$25.00 for Adults
 Advance Tickets \$5.00 for Children 10 – 15 years old
If available, tickets at the door will be \$35.00 for Adults and \$10.00 for Children

HAUNTED TRAILS

Calling all zombies, monsters, and witches! Come join Winding Trails for the ninth 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, games, pumpkins to carve, a campfire, and some light refreshments in Garmany Hall.

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 with your friends, and have a blast! If you would like to volunteer to be a part of our Haunted Trails Scare Team, please email or call Bailey at Bailey@windingtrails.org or 860-677-8458 ext. 11.

Date:Saturday, October 28th
Times:

Session 1:4:00pm
Session 2:4:30pm
Session 3:5:00pm
Session 4:5:30pm
Session 5:6:00pm
Session 6:7:00pm
Session 7:7:30pm
Session 8:8:00pm
Session 9:8:30pm

Where:Garmany Hall
Fee:\$20.00 per person
Member Discount Fee:\$12.00 per person
Minimum: 10Maximum: 50

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 Highland Park Market! 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. Deadline for submitting your clues is 10am on Monday, November 27th. *Registration opens the first Monday of the month, prior to each program date.*

Date:Saturday, November 18th – Sunday, November 26th
Time:Dawn to Dusk
Ages:All Ages
Where:Nature's Porch
Fee:\$10.00 per family
Member Discount Fee:\$5.00 per family



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. Bring the entire family out to visit and enjoy the holiday season. While waiting to see Santa, visit with some of Santa's animals, decorate holiday cookies, make crafts, and more. There will also be a special holiday magic show every hour. This program is open to Winding Trails' members and Farmington residents only. *Registration opens the first Monday of the month, prior to each program date.*

Date:Sunday, December 3rd
Times:

Session 1:11:00am – 12:00pm
Session 2:12:00pm – 1:00pm
Session 3:1:00pm – 2:00pm
Session 4:2:00pm – 3:00pm
Session 5:3:00pm – 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: 50Maximum: 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 20th. The deadline for all information sheets to be turned in is Friday, December 15th. Santa himself will make all calls between Dec. 18th and Dec. 22nd 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 5th (Rain Date: Thursday, July 6th)
Time:2:00pm
Ages: 5 – 12 years old
Where: Boathouse Pavilion
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 19th (Rain Date: Thursday, July 20th)
Time:2:00pm
Ages: 5 – 12 years old
Where: Boathouse Pavilion
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, August 2nd (Rain Date: Thursday, August 3rd)
Time:2:00pm – 4:00pm
Ages: 5 – 12 years old
Where: Roosen's Roost
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, sand 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 30th to August 18th
Time:1:30pm
Ages: 12 and Under
Where: Basketball court
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 10th – July 19th
Time:4:00pm – 4:45pm

Session II:

Dates: Mondays and Wednesdays, July 10th – July 19th
Time:5:00pm – 5:45pm

Session III:

Dates: Tuesdays and Thursdays, July 25th – August 3rd
Time:4:00pm – 4:45pm

Session IV:

Dates: Tuesdays and Thursdays, July 25th – August 3rd
Time:5:00pm – 5:45pm

Session V:

Dates: .. Tuesdays and Thursdays, September 5th – September 14th
Time:4:00pm – 4:45pm

Session VI:

Dates: Tuesdays and Thursdays, September 5th – September 14th
Time:5:00pm – 5:45pm

Ages: 7 and older

Where: Archery Range

Fee: \$40.00

Minimum: 6 Maximum: 16



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: Wednesdays, September 13th – October 11th
 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

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, September 29th

Session II

Date: Friday, November 3rd

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: 40



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 4th – October 25th

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





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. Campers may sign up for this afternoon program if they are signed up for any Winding Trails Half Day camp that ends at noon. This will include all the best from our sports/half day camps in the morning combined with an afternoon filled with fun and adventure at Archery, Boating, Nature, and more. The fun and excitement is here for you! Transportation provided from our summer day camp buses (\$15 per week) and campers can attend early and late program (\$30.00 per week for either) if needed. This program will be run as part of our ACA accredited day camp and CT State Licensed Day Camp. Registration is now open.

Session I: June 26th – June 30th
 Session II: July 3rd – July 7th
 Session III: July 10th – July 14th
 Session IV: July 17th – July 21st
 Session V: July 24th – July 28th
 Session VI: July 31st – August 4th
 Session VII: August 7th – August 11th
 Session VIII: August 14th – August 18th
 Time: Noon – 3:30pm
 Ages: 6 – 10 years old
 Where: The Lodge
 Fee: \$140.00*
 WT Member Fee: \$120.00*

Stuff to bring: Appropriate clothing, lunch, water bottle, sneakers, bathing suit and sunscreen.

YOUTH ADVENTURERS

Your camper will spend 2.5 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 17th – 21st
 Session II
 Dates: Monday – Friday, July 24th – July 28th
 Session III
 Dates: Monday – Friday, July 31st – August 4th
 Time: 9:30am – 12:30pm
 Ages: 6 – 11 years old
 Where: Tennis Court Gazebo
 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 the widely popular Little Sports series Programs. The focus is on FUN! So, what are you waiting for? *Get out and Play! Registration is now open.*

LITTLE FEET SPORTS

This program is designed for children ages 6 to 10 years old. Basketball, soccer, tee-ball and tennis will all be included in this 5 day, 1½-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 26th – June 30th

Session II

Dates: Monday – Friday, July 10th – July 14th

Session III

Dates: Monday – Friday, August 7th – August 11th

Time: 10:30am – Noon

Ages: 6 – 10 years old

Where: Sportsplex Shed

Fee: \$120.00

Member Discount Fee: \$100.00

Minimum: 6 Maximum: 20

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.*

Dates: Monday – Friday, June 26th – June 30th

Time: 9:00am – Noon

Ages: 6 – 10 years old

Where: Tennis Courts

Fee: \$175.00

Member Discount Fee: \$150.00

Minimum: 10 Maximum: 20

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

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 3rd – July 7th

Time: 9:00am – Noon

Ages: 6 – 10 years old

Where: Sportsplex

Fee: \$175.00

WT Member 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.

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 an end of the week tournament! *Registration is now open.*

Dates: Monday – Friday, July 10th – July 14th
Time: 9:00am – Noon
Ages: 6 – 10 years old
Where: Basketball Courts
Fee: \$175.00
WT Member Fee: \$150.00
Minimum: 10 Maximum: 20

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

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 17th – July 21st
Time: 9:00am – Noon
Ages: 6 – 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 24th – July 28th
Time: 9:00am – Noon
Ages: 6 – 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.

VOLLEYBALL

New this year – Set, bump, spike! Come and see what all the fun is about on our sand volleyball courts. Learn the basics of the game and have fun! *Registration is now open.*

Dates: Monday – Friday, July 31st – August 4th
Time: 9:00am – Noon

Ages: 8 – 12 years old
Where: Volleyball Courts
Fee: \$175.00
Member Discount Fee: \$150.00
Minimum: 10 Maximum: 20

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

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 7th – August 11th
Time: 9:00am – Noon
Ages: 6 – 10 years old
Where: Baseball Field
Fee: \$175.00
Member Discount Fee: \$150.00
Minimum: 10 Maximum: 20

Participants should bring appropriate clothing, 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 14th – August 18th
Time: 9:00am – Noon
Ages: 6 – 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.

WINDING TRAILS/LESZEK WRONA SOCCER ACADEMY

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



Dates: Monday – Friday, August 21st – August 25th
Ages: 6 – 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.



SUMMER ADULT LUNCHEON MUSIC THROUGH TIME AND PLACE WITH ECLECTICA

Please join us for an early summer luncheon at the Boathouse. Get ready to smile! Welcome in summer with the sounds of the four piece band Eclectica. Listen to original arrangements of soulful and joyous music spanning centuries, continents, musical styles, and cultures, all played (and sung) using a unique combination of instruments and voice. Audiences love Eclectica's musical choices and arrangements, as well as their themes and commentary on the pieces they perform.

A traditional summer picnic lunch will be provided. *Registration opens the first Monday of the month, prior to each program date.*

Date: Wednesday, June 7th
Time: 12:00am – 1:30pm
Location: Dunning Lake Boathouse
Ages: Adults
Fee: \$12.00
Member Discount Fee: \$8.00
Minimum: 20 Maximum: 100

ADULT NATURE WALKS — WALK, TALK & GAWK

Come join Miss Judy, Winding Trails' naturalist, for a casual exploration as we walk along some of our many trails to observe monthly seasonal changes. We'll talk about what we see or some of the current nature topics in the news. Sometimes we'll stop to gawk at an interesting find alongside the trail. 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: Birds Building Nests

Date: Thursday, June 29th

Session II: Animal and Plant Connections

Date: Sunday, July 23rd

Session III: Exploring Water

Date: Thursday, August 10th

Session IV: What's Migrating

Date: Sunday, September 24th

Session V: How Nature Uses Plants

Date: Thursday, October 12th

Session VI: Last Remnants of Autumn

Date: Thursday, November 2nd

Time: 9:00am – 11:00am

Where:

June, July, and August Roosen's Roost at Dunning Lake
September, October, and November Nature's Porch

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.*

Dates: Saturdays, September 9th to 30th
Time: 10:00am to 11:00am
Where: Pickleball Courts
Ages: Adults
Fee: \$60.00
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.*

Session I

Dates: Wednesday, July 12th – August 2nd

Time: 8:00am – 9:00am

Session II

Dates: Saturday's October 7th – 28th

Time: 10:00am – 11:00am

Where: Pickleball Courts

Fee: \$60.00

Ages: Adults

Member Discount Fee: \$40.00

Minimum: 4 Maximum: 12

PILATES AT THE BOATHOUSE PAVILION

Get a great workout and view of Dunning Lake at our Pilates class under the Boathouse Pavilion. Instructor Lisa McMahon has over 15 years of experience teaching Pilates and group exercise. You will need to bring your own matt and water bottle. *Registration opens the first Monday of the month, prior to each program date.*

Dates: Wednesday September 13th – October 11th
 Time: 9:00am – 10:00am
 Where: The Boathouse Pavilion
 Fee: \$75.00
 Member Discount Fee: \$55.00
 Minimum: 6 Maximum: 20

FALL ADULT LUNCHEON – THAT’S WEIRD! PRESENTED BY THE CONNECTICUT HISTORICAL SOCIETY

Hair jewelry? Creepy puppets? Corpse preserver? This presentation explores some of Connecticut Historical Society’s strangest items. You will learn how even the oddest artifacts can be gateways into a deeper understanding and appreciation of our state’s history. A light lunch will be provided. *Registration opens the first Monday of the month, prior to each program date.*

Date: Thursday, October 5th
 Time: 11:00am – 1:00pm
 Location: Garmany Hall
 Ages: Adults
 Fee: \$20.00
 Member Discount Fee: \$10.00
 Minimum: 20 Maximum: 60

FALL EVENING INDOOR CYCLING/SPINNING

Looking for a great cardio workout? Spinning offers the calorie burning, energy enhancing, stress decreasing overall workout that is easy on the joints. This is a 10 -week program that will sure help you stay or get into shape. Indoor cycling allows you the opportunity to work hard and have fun while you spin to your favorite tunes. You provide comfortable workout attire, sneakers or SPD compatible shoes, H₂O, towel and desire. *Registration opens the first Monday of the month, prior to each program date.*

Instructor: Dave Capello

Session I

Dates: Tuesdays, October 3rd – December 12th
 (No class Thanksgiving week)

Session II

Dates: Thursdays, October 5th – December 14th
 (No class Thanksgiving week)

Time: 6:30pm – 7:30pm
 Where: The Lodge Basement
 Fee: \$130.00 per session
 Member Discount Fee: \$100.00 per session
 Minimum: 6 Maximum: 16

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



**American
Red Cross**

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.

Session I

Dates: Wednesday, October 4th
 Time: 5:00pm – 8:30pm

Session II

For anyone holding certification who needs to be recertified

Dates: Wednesday, October 11th
 Time: 5:00pm – 7:00pm

Ages: 13 and up
 Where: Lodge Conference Room
 Fee: \$100.00
 Member 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 3rd
 Time: 6:00pm – 8:30pm
 Where: Lodge Activity Room
 Fee: \$60.00
 Member Fee: \$40.00
 Minimum: 6 Maximum: 20



ATTENTION!

WINDING TRAILS SWIM LESSONS

At the time of this newsletter printing, we are unsure if we will be able to run swimming lessons this summer. With the current national shortage of lifeguards and swim instructors, we do not have enough staff to run the swim lesson program. We are still actively interviewing and hiring staff and hoping this will change. We will email an update to the membership as the summer approaches.

PROPOSED SWIM LESSON SESSIONS:

Early Session Swim Lessons June 19th – June 23rd
Session I June 26th – July 7th
Session II July 10th – July 21st
Session II July 24th – August 4th
Session IV August 7th – August 18th

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 members 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 26th – June 30th

Time: 11:30am – 12:30pm

Session II

Date: July 10th – July 14th

Time: 5:00pm – 6:00pm

Session III

Dates: July 24th – July 28th

Time: 11:30am – 12:30pm

Session IV

Dates: August 7th – August 11th

Time: 5:00pm – 6:00pm

Ages: 7 and up (must be a level 3 swimmer)

Where: Dunning Lake Boat House

Fee: \$50.00

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 20th
 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 550 yards continuously using only front crawl with rhythmic breathing and breaststroke; tread water for 2 minutes using legs only; 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 – Thursday, June 5th – June 15th

Session II
 Dates: Monday – Thursday, June 19th – June 29th

Session III
 Dates: Monday – Thursday, July 17th to July 27th
 Time: 4:00pm – 8:00pm

Ages: Must be at least 15 years old by end of class.
 Where: Dunning Lake Boathouse
 Fee: \$250.00
 Member Discount Fee: \$200.00
 Minimum: 4 Maximum: 10

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 26th – July 7th
 Time: 5:00pm – 6:30pm

Session II
 Dates: July 10th – July 21st
 Time: 11:00am – 12:30pm

Session III
 Dates: July 24th – August 4th
 Time: 5:00pm – 6:30pm

Session IV
 Dates: August 7th – August 18th
 Time: 11:00am – 12:30pm

Ages: 8 and up (must be a level 4 swimmer)
 Where: Dunning Lake Boat House
 Fee: \$80.00
 Minimum: 4 Maximum: 16



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

- All persons renting boats must be at least 8 years old and have passed level 4 swimming lessons. 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 on the peninsula across from the Main Office for 6 or 12 months for a fee.
- 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 prororation 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!



Summer Word Scramble



ecabh

nsu

cipinc

kael

sucsneren

siwmimgn

aticavno

unbsrnu

on shcolo

artmwlenoe

acmipgn

silniga

ANSWER KEY:
1. Beach
2. Sun
3. Picnic
4. Lake
5. Swimming
6. Sunscreen
7. Vacation
8. Sunburn
9. No School
10. Watermelon
11. Camping
12. Sailing



WINDING TRAILS, INC. PROGRAM REGISTRATION, WAIVER, and RELEASE

I recognize that there are certain risks of injury involved in members of my family participating in activities conducted at Winding Trails, Inc. Therefore, in consideration of members of my family participating in such activities, I recognize those inherent risks of each activity offered at Winding Trails, Inc. and in choosing to participate in select activities I have taken into consideration *the weather*, my family's and my health, age, and athletic abilities. I do hereby, on behalf of myself and all members of my immediate family waive and release Winding Trails, Inc. and its employees and agents from all liability with respect to any damage or an injury received by me or any member of my family including but not limited to injuries or damages that *occur from natural disasters such as the weather* or in whole or in part, as a result of the acts, omissions, **negligence** and/or recklessness including future **negligence** of Winding Trails and/or its agents, employees and volunteers. I also grant permission to all of the foregoing to use any photographs, motion pictures, or any other record for any legitimate purposes.

Participant or/Guardian Name if under 18 years of age:		Participant or/Guardian Signature if under 18 years of age:	
Address:		Town:	State: Zip Code:
Home Phone:	Work Phone:	Cell Phone:	Email:

Participant Name 1:	Grade:	Date of Birth:	<input type="checkbox"/> Female <input type="checkbox"/> Male
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List any Medical Conditions and/or medication:

Program:	Session:	Level:	Time:	Fee:\$_____
Program:	Session:	Level:	Time:	Fee:\$_____
Program:	Session:	Level:	Time:	Fee:\$_____

Participant Name 2:	Grade:	Date of Birth:	<input type="checkbox"/> Female <input type="checkbox"/> Male
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List any Medical Conditions and/or medication:

Program:	Session:	Level:	Time:	Fee:\$_____
Program:	Session:	Level:	Time:	Fee:\$_____
Program:	Session:	Level:	Time:	Fee:\$_____

Comments / Additional Information:

The Trails Fund: If you wish to donate, please specify where you would like your monies to go to by checking the appropriate box.

<input type="checkbox"/> General Support	<input type="checkbox"/> Campership	<input type="checkbox"/> Environment & Education	<input type="checkbox"/> Dunning Lake Beach	<input type="checkbox"/> D. L. Playground	\$_____
Total Amount Due:					\$_____

Payment Method:☐ Check/Money Order ☐ Cash ☐ MasterCard/Visa/Discover/Amex

Card #: _____ Expiration Date: _____

Name as it appears on

Credit Card: _____ Signature(required): _____

Cardholder acknowledges receipt of goods and/or services in the amount of the Total shown hereon to perform the obligations set forth in the Cardholder's agreement with the Issuer.

Mail Form to: 50 Winding Trails Drive, Farmington, CT 06032 or **Drop off:** Main Office. or **Fax to:** (860)676-9407



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

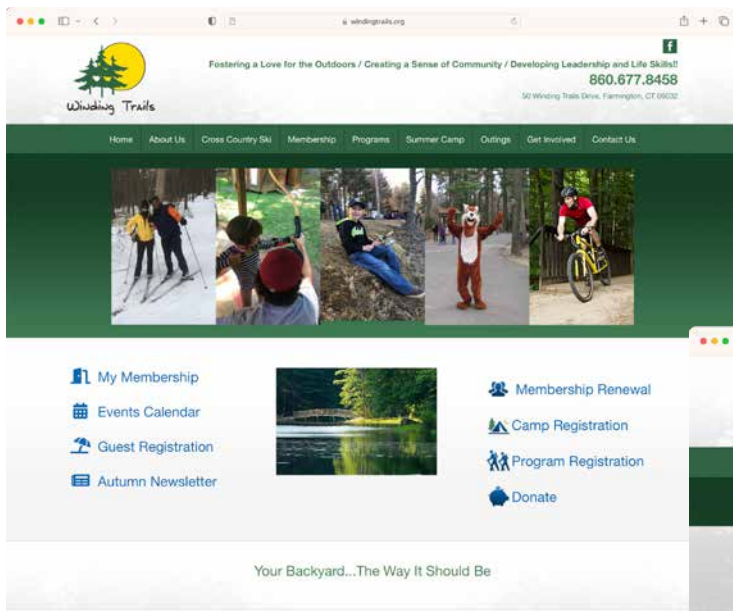
Non-Profit
Organization
U.S. Postage
PAID
Permit #1862
Hartford, CT

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.

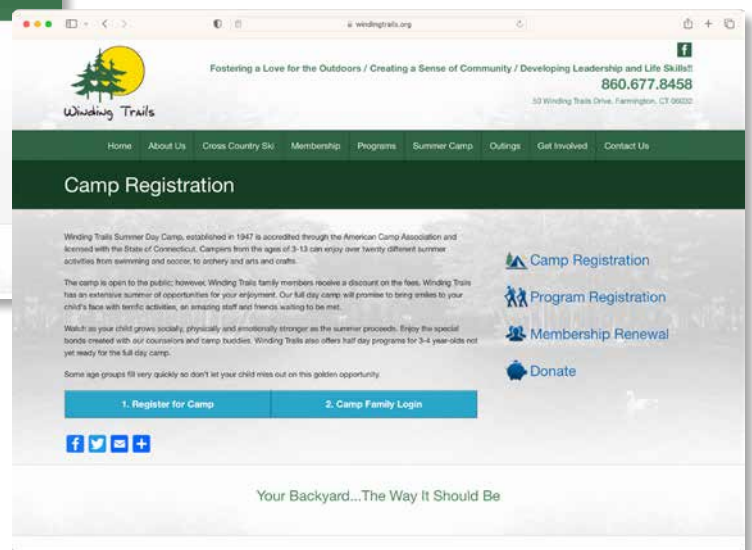
SURFED OUR WAY LATELY?

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.



**PLEASE REMEMBER
TO RECYCLE!**

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