

For Parents

Please note the following:

- SKIP sessions are two hours long and will include an outdoor component.
- Please ensure your child is dressed appropriately for winter weather (mitts, hat, boots, warm coat and snowpants, scarf).
- Please send an extra pair of mitts and socks.
- A small snack will be provided.
- A warm shelter will be available.
- Outdoor washroom facilities are on site (privies).
- In the event of cancellation due to bad weather, you will be notified by 10 a.m. on the day of the program. Parents can enjoy the park's facilities while SKIP is in session - bring skis or snowshoes if you have them!

SKIP Location

The SKIP Clubhouse is located at the Lally Homestead, which is 2.4 km past the main park entrance on ElmGrove Road/ County Road 21. For more detailed directions see

www.friendsofmurphyspoint.ca or call the park at 613-267-5060.



Our Partners

SKIP was conceived by the Friends of Murphys Point Park and is coordinated by a steering committee of volunteers from partnering groups in the community. The Friends are a registered, non-profit charity dedicated to enhancing the natural heritage education at Murphys Point. Our partners are:

- Community Stewardship Council of Lanark County
- ecoPerth
- Murphys Point Provincial Park
- Rideau Valley Field Naturalists
- Tay Valley Cross Country Ski Club



Funders

Many thanks to the Ministry of Health Promotion, ecoPerth, the Lanark County Stewardship Council and the Friends of Murphys Point Park for providing the funding for this pilot program.



Ontario



Super Kids In Parks

What is SKIP?

Super Kids In Parks (SKIP) is a six-week program aiming to help kids ages 7 to 12 connect with nature through a range of exciting sessions promoting active and healthy living.

WHERE AND WHEN:

- Sundays from 1 to 3 p.m.
- Jan. 24 to Feb. 28
- Lally Homestead, Murphys Point Provincial Park (see back for directions)

WE OFFER:

- Six sessions led by volunteer leaders with a wide range of experience and expertise
- A volunteer-to-child ratio of approximately 1 to 5
- A take-home workbook and reward program
- So much fun kids won't realize they're learning something, too!



Studies show incredible benefits for kids who are connected with nature. SKIP is designed to achieve these benefits.

INFO:

Phone:

613-264-0447 or 613-267-5340

E-mail:

friendsofmurphyspointpark@yahoo.ca

Web:

www.friendsofmurphyspoint.ca

Winter 2010 Program Schedule

All sessions run on Sundays from 1 to 3 p.m. at the Lally Homestead.
Activities subject to change. Equipment provided.

Jan. 24: Cross-Country Skiing (for beginners and "pros" alike!)

Jan. 31: Nature Photography

Feb. 7: Nature Crafts and Outdoor Stories

Feb. 14: Winter Shelters/Cooking Snacks Outside

Feb. 21: Snowshoeing and Orienteering

Feb. 28: Discovery Hike with Field Naturalists



Pre-register Now!

Pre-registration is required and includes the **full six-week program**.

Enrolment is limited (first-come, first-served).

There is **no charge** for this pilot session.

REGISTRATION FORMS ARE AVAILABLE:

- Online at www.friendsofmurphyspoint.ca
- At the Perth Courier office (39 Gore St. E.)

SUBMIT COMPLETED FORMS BY MONDAY, JAN. 18:

- By e-mail at friendsofmurphyspointpark@yahoo.ca
- By fax at 613-264-0409
- Drop off at the Perth Courier office (39 Gore St. E.)

NOTIFICATION OF ACCEPTANCE BY JAN. 20.

