

*Be sure to read the article on **The Times They are a Changing** (page 8), **Nature's Open House** is back for its 19th year (page 17), **Don't miss the 10th Annual Music Festival** with grammy-nominated **Della Mae!** (page 17)*



**SUMMER/AUTUMN 2025**

# Winding Trails Newsletter



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



Dear Friends,

The other day I came across a quote entitled the three C's of Life – Choice, Chance, and Change. The quote states that you must make a choice to take a chance, or your life will never change. For some reason, this quote resonated with me and got me thinking about my own life. I have to say that I am a person who doesn't like change. I have lived in the same town for over 60 years, worked at Winding Trails for 38 years, and been married to the same woman for 35 years. Although I will take vacations in many different locations, I always make my yearly trips to Cape Cod and the White Mountains. They are beautiful places, familiar to me, and they bring me comfort and joy. I am a creature of habit and often envy those who will uproot and move to a new location or take a new job doing something out of their comfort zone.

If you have been with Winding Trails for any significant time, you will see that we have had a lot of changes in terms of the property. Over the course of the last decade, we have added things like Nature's Porch, the Dunning Lake Boathouse, additions to the Main Office, and the new playground. Last year we added the Grille, Lakeside Pavilion, and new tennis and pickleball courts. I am fine with these changes. As an organization, we made the choice and made the changes. They are improvements to the facility that were necessary and have been welcomed by our constituents.

The changes coming to us this year come in the form of people. Winding Trails has had the luxury of having dedicated long-term staff that have been with us for 30+ years. You don't see that kind of tenure in most organizations today. The median tenure for 55 to 64 years old is 9.6 years. For 25 to 34 years olds, it is only 2.7 years. Our staff across the board far exceed these statistics and Winding Trails is better because of it. We have had very little turnover, however change is inevitable. There is going to be some turnover, and staff changes. Later in this newsletter, you can read an article written about some people leaving us, staff taking on new roles, and new folks joining us. We are eternally grateful for all the hard work and effort individuals like Mark Dale and Renee Felter have done in their respective roles. They have not only been outstanding staff members but good friends as well. Some of the staff filling those roles will be familiar faces and some new. I am confident each one of them will be committed to our mission and guiding principles and provide the level of service you are all accustomed to.

We all have changes in our life. Sometimes you can make the choice, take a chance, and make a change. Sometimes those changes are forced upon you, and you can only deal with them the best that you can. My hope is you deal with changes on your terms, and they make for a better life.

Please take the time to read the articles and program offerings in this newsletter. There is a lot of planning and work that goes into this publication. We will also communicate with you through emails, social media, and our website. 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. If you have any questions, concerns, or suggestions, please don't hesitate to contact me.

Sincerely,

Scott Brown, CPRP  
Executive Director

**WINDING TRAILS 2025 BOARD OF DIRECTORS**

- |                                       |                  |
|---------------------------------------|------------------|
| Reem Nouh, <i>President</i>           | Colette Fennessy |
| Tom Greenebaum, <i>Vice President</i> | Steve Juers      |
| Tim Roy, <i>Treasurer</i>             | Alex Kushnir     |
| Danitza Sieklicki, <i>Secretary</i>   | Jeff Rogers      |
| Tom Atkins                            | Tiffany Smetak   |
| Stacie Aubrey                         | James Sullivan   |
| Chris Chisholm                        |                  |

**WINDING TRAILS 2025 COMMITTEE MEMBER VOLUNTEERS**

- |                         |                   |                    |
|-------------------------|-------------------|--------------------|
| Kristen Burns           | Collette Fennessy | Jim Platosh        |
| Kerry Callahan          | Patrice Freeman   | Mario Reyes        |
| Justin Carbonneau       | Emily French      | Rania Rifaey       |
| Jonathan Chaia          | Stephen Frenkel   | Tom Roy            |
| Jill Clark              | Stacey Kennedy    | Shannon Rutherford |
| Sal Corio               | Wendy Ku          | Betsy Sargent      |
| Brian Cunningham        | Patty Lavendier   | Greg Sieklicki     |
| Elizabeth Daly-Standish | Alana Ledford     | Rob Tacinelli      |
| Cedric DeLaCruz         | Rob Low           | Danielle Truncali  |
| Kate Doemland           | Alison McVeigh    | Jon Wu             |
| Lisa Duquette           | Scott Muska       |                    |
| Joy Fausey              | Pam Nahorniak     |                    |
|                         | Mahmoud Omar      |                    |

## 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, six committees 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 26th and Friday, 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, May 31st to Thursday, July 31st from 10:00am to 7:45pm and from Friday, August 1st to Monday, September 1st from 10:00am to 7:30pm (depending on staff availability). The gate locks promptly at dusk. *(Please refer to your membership handbook for policies and regulations or our website [www.windingtrails.org](http://www.windingtrails.org) on the Membership page).*

## GUEST FEES

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

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

Membership/Programs Admin.	TBD	Ext. 10	
Recreation Supervisor	Bailey Dailey	Ext. 11	<a href="mailto:bailey@windingtrails.org">bailey@windingtrails.org</a>
Camp Administrator	Renee Felter	Ext. 12	<a href="mailto:renee@windingtrails.org">renee@windingtrails.org</a>
Camp & Development Admin.	Kim Kowalski	Ext. 12	<a href="mailto:kim@windingtrails.org">kim@windingtrails.org</a>
Recreation Supervisor	Shawn Hussey	Ext. 13	<a href="mailto:shawn@windingtrails.org">shawn@windingtrails.org</a>
Adventure Education Coordinator	Mike Trevail	Ext. 14	<a href="mailto:mike@windingtrails.org">mike@windingtrails.org</a>
Corporate Trainer	Lisa Cheney	Ext. 14	<a href="mailto:lisa@windingtrails.org">lisa@windingtrails.org</a>
Education Coordinator	Elyse Cahill	Ext. 16	<a href="mailto:elyse@windingtrails.org">elyse@windingtrails.org</a>
Executive Director	Scott Brown	Ext. 18	<a href="mailto:scott@windingtrails.org">scott@windingtrails.org</a>
Financial Manager	Pat Schnee	Ext. 19	<a href="mailto:pat@windingtrails.org">pat@windingtrails.org</a>
Park Director	Bryan Martin	Ext. 21	<a href="mailto:bryan@windingtrails.org">bryan@windingtrails.org</a>
Camp Director	Paul Cappadona	Ext. 31	<a href="mailto:paul@windingtrails.org">paul@windingtrails.org</a>
Park Maintainer	Anthony Baio		
Park Maintainer	Kyle Harding		
Park Maintainer	Kyle Murkowicz		
Park Maintainer	Nicholas Voitkevics		

## 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 Monday, June 9th at 5:00pm and again on Monday, July 14th at 5:00pm for our annual treatment. This second treatment is being added due to the excessive amount of aquatic plants we had in the swim area last year. We apologize for the inconvenience.

## 2026 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. We open online renewals on October 1st and will provide you with reminders via email, social media, and text messages, until the December 31st deadline. Please make sure we have your current contact info on file so you don't miss out on this important information! 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 that you must renew by December 31, 2025. Winding Trails' membership quota is filled every year. Dozens of members miss out on the coming year because they miss this deadline.

*Don't let this be you! Deadline for renewal is December 31, 2025 and this is strictly enforced!*

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

All members who renew their membership for the 2026 season between October 1st and November 15th will be entered into a drawing to win a full refund for their 2026 membership. Renew early for a chance to win!



### THE GRILLE HOURS

The Grille is located just west of the Dunning Lake Bathhouse. It is open on May 31st – June 1st, June 7th and 8th, and 7 days a week starting June 14th through August 24th. The Grille will be open weekends only August 30th – September 1st depending on staff coverage. The Grille hours are from 11:30am – 7:00pm. *(It will also be open until 8:30pm on Acoustic Nights)*

### NATURE PORCH HOURS

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

Dates: . . . . . Saturday & Sundays, April 26th – September 28th  
Times: . . . . . 12:00pm – 5:00pm

### 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.

### PICKLEBALL AND TENNIS INFORMATION

Last year we replaced our courts with new post-tension concrete courts. There are six pickleball courts and two tennis courts. They will be available on a first come first serve basis. The hours are from 8:00am to 7:45pm. The 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 23rd – June 27th and July 28th – August 1st. The temporary pickleball courts (located at the far end of the courts) may occasionally be used by the summer day camp program Monday – Friday from 10:00am to 3:00pm, June 23rd to August 15th.



### CALLING ALL PICKLEBALL ENTHUSIASTS

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

### FISHING ON DUNNING LAKE

Dunning Lake is open for fishing year-round with the exception of Tuesday, April 1st to Friday, April 4th. This week is closed to give the fish from our annual stocking an opportunity to acclimate to the lake. (Please note we will be holding the Children’s Fishing Derby on Saturday, April 5th 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.

### BOAT RENTAL FEES

Boat rentals are open every day from 11:00am to 7:00pm from May 31st until September 1st. Anyone under the age of 8 and not at least a level 4 swimmer must be accompanied by an adult. All boaters must wear a life jacket, which is included in your rental. 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

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.

### OVERNIGHT CAMPING

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

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

### DISC GOLF AT WINDING TRAILS

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



# Trail Legacies

## The Gift That Keeps Giving

BY MARK DALE

**T**he standard for how and when you understand time, history and legacy are often directed by your age and experience. Teens and twenty-year-olds are more interested in the present and what's new, as they should be. People in their thirties and forties are more comfortable with who they are and their place in the world, leaving more time to think about the history of people and places. People in their fifties and sixties, with more time behind them than before them, contemplate their life and legacy. But no matter what your age, your legacy starts today!

Legacy, in its basic meaning, is a gift of money or other personal property that's granted by the terms of a will. I always liked Webster's second definition better: something transmitted by or received from an ancestor or predecessor or from the past. That definition is more holistic and grand. Winding Trails over the years has benefitted from many legacies. Some financially, but far more from individuals, families and employees that practiced kindness, shared passions and expertise, and did good work daily, which over time became their legacy. A lived legacy like that benefits and inspires others and contributes to a more caring and enriched Winding Trails community.

People like long-time Winding Trails member Al Curry, who left a double legacy. Al passed five years ago but spent the previous twenty years fishing on Dunning Lake. Not only

did he talk constantly about fish and fishing, but he also helped anyone who had questions or needed a hook or a hand, especially young people. It was Al's passion. He and a few others kept Winding Trails informed on what fish were moving where and eating what. He also left a bequest to Winding Trails earmarked for environmental initiatives. Because of Al's gift and a deep and devoted love of Dunning Lake, Winding Trails used some of his money to commission a comprehensive lake study last summer.

We keep a constant eye on the health of Dunning Lake but commission a full study about every decade to know where we are and what we need to watch. Al's legacy continues to live on. The rest of us should take the time to contemplate the direction of our lived legacy and if you are so inclined, get a hold of Scott Brown if you have questions or want to set up a financial legacy gift.

Thanks Al, I can't wait for Dunning Lake to open for the 2025 season!

### DONATE ONLINE!

Each year Winding Trails mails a Trails Fund solicitation in late March to all our constituents looking for donations. We would like to thank all of you who graciously donated to us. This is our one formal plea, however, we do welcome your donations all year long. It is easy to support Winding Trails with a tax-deductible donation. You can visit [www.windingtrails.org](http://www.windingtrails.org) and click on the DONATE button to make an online donation. You may choose to support our campership program, the environment, general support, or endowment fund.

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!



## Everyone Loves A Painted Turtle

The Eastern Painted Turtle (*Chrysemys picta picta*) is Winding Trail's most common and favorite turtle. We also have some Snapping Turtles, Spotted Turtles and a couple of Box Turtles on our property. The Painted Turtle is Connecticut's most numerous turtle species and the only turtle whose range covers the entire North American continent.

The turtle population in a pond or lake is dependent on three things. The first is a successful breeding population. April is the most romantic month for Painted Turtles. Females will leave the pond and dig a hole and lay 4-8 eggs. Over 90% of the turtle nests are lost to egg predation. The newborns are also eaten by raccoons, skunks, foxes, herons, snakes

and largemouth bass. The sex of the young is determined by the temperature of the nest and egg position with cooler temperatures favoring males and warmer females. Adults are rarely lost due to their size and ability to withdraw fully into their shells. Second is the availability of food. Painted Turtles are omnivores that feed only underwater on aquatic

## Professional & Community Development Opportunities

Winding Trails Outdoor Adventure program opened a new corporate division last year designed specifically for adult populations. There are many benefits of adventure-based learning

including improved employee engagement, enhanced problem-solving skills, increased adaptability, and higher performance and productivity. Our corporate trainers have years of experience in the field. We offer a variety of professional development opportunities for companies, organizations, colleges, and universities looking to enhance communication and cooperation within their community. From play-based integrations of new workplace models to advanced level reflection and processing tools for deep learning, our custom development workshops provide tools your staff can use immediately to improve your organization. Please contact us to discuss your next professional development outing. We are happy to customize our training to suit your group's specific needs and desired outcomes. For more information, contact Lisa Cheney, Corporate Trainer at [lisa@windingtrails.org](mailto:lisa@windingtrails.org) or (860) 677-8458 x14.



# Camp Corner

BY PAUL CAPPADONA

plants, aquatic insects, crayfish, snails, small fish, tadpoles, mussels, and carrion. Our turtles have plenty of food choices. The last element for successful Painted Turtle populations is the availability of safe basking areas. Turtles are cold-blooded, meaning their bodies are ambient temperature. They use basking to warm themselves up and help digest their food. The preferred basking platform would usually be rocks or logs. Winding Trails does not have lots of trees in our water, so we worked with Skyler Szot on his Eagle Scout project in 2014 to find a design that worked. Skyler built all our turtle platforms that have held up for more than a decade and our painted turtles love them!

Winding Trails has healthy turtle populations in Dunning Lake and Walton Pond. They are cute and beautiful and like to gather on the turtle platforms. So, this summer as you drive past the office on your way to the beach, yell hello and wave to the painted turtles basking on the platforms just past the boat ramp. For the best turtle viewing at Winding Trails, visit the north end of Walton Pond!



My name is Paul Cappadona, and I am the new Winding Trails Camp Director. I have worked and been involved in camping my whole life. To get up to speed, I quickly learned why Winding Trails is a leader in our field. When I asked the coordinators what makes this camp great, almost every answer was “the people”. You might think with an outside view that what makes Winding Trails stand out is Dunning Lake, Walton Pond, our 386 acres of pristine trails, unique high and low ropes courses, incredible facilities, theme days, and our choice based programming. While the physicalities of Winding Trails are beyond impressive, the real key is the camp community. I have worked at a few different camps, and the way people feel about WT is unmatched. At first, I was perplexed, because I have seen many places with amenities and facilities the same or greater than what we offer. The emphasis is on creating an environment where every kid can be themselves and choose the activities THEY want, while building lifelong friendships.

My first summer as a Camp Director was 2015. My focus was on innovative programming and creating a positive environment for campers and staff alike. I have always been concerned with the safety and quality of the experience for children, however, I wasn't a father 10 years ago. My commitment has been to approach camp through the eyes of a camper's parent, to foster an environment I would send my future child to. This summer my daughter will be 3 and attending camp as a Cub. It will be an interesting new perspective to be “consuming” camp as a parent of a camper.

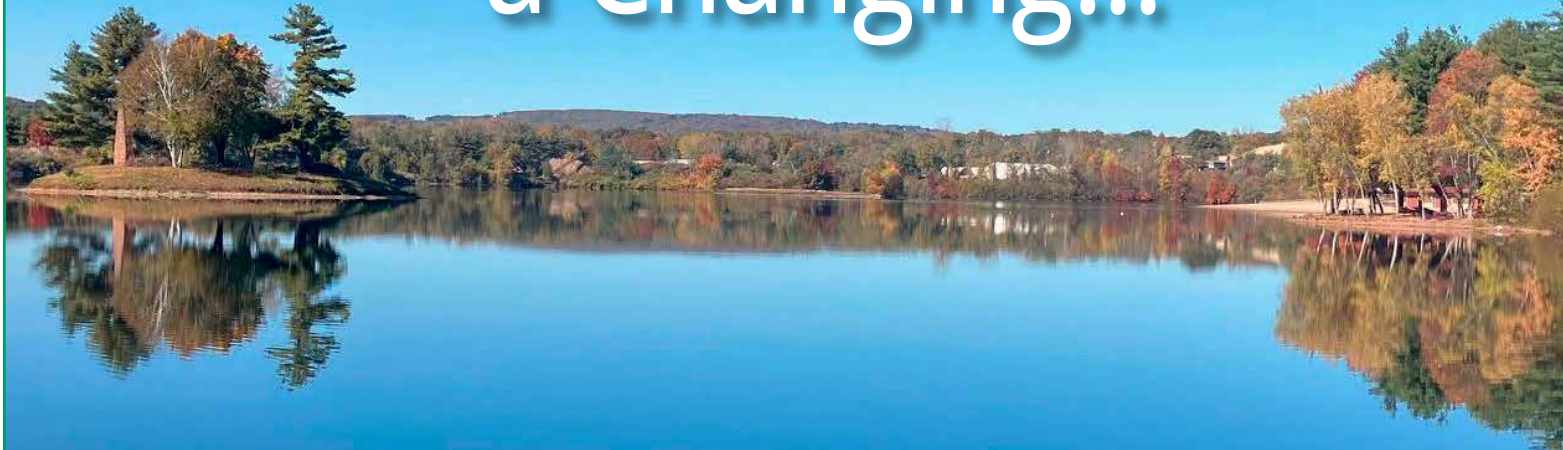
Over the past 3 months, we have been busy hiring roughly 160 staff, a majority of whom are returning or were CIT's. This summer our focus is on what activities we can offer, which change depending on the skills and experience of the staff we find. The normal programs you know and love will be highlighted and we potentially will have some new offerings with the addition of our new Education Coordinator, Elyse Cahill.

Since starting, I have felt so welcomed into the Winding Trails community by families and staff alike. I cannot wait for the summer to begin and to continue to create an environment that is welcoming for everyone. It is clear Winding Trails Summer Camp is a special place and I look forward to seeing you all when camp opens in late June.

Until then,  
Happy Trails!



# The Times They are a Changing...



**W**inding Trails has been very fortunate to have a very dedicated full-time staff. Many of our staff have been here for decades and have served Winding Trails and its constituents very well. Working with these people has been a pleasure and Winding Trails is fortunate to have individuals dedicated to our mission, guiding principles, and our members and camp families. Unfortunately, life goes on, we all get older, and things do change. We want to make you aware of some staffing changes and thank those staff members who are moving on to new chapters in their lives.

The first staff change is the retirement of **Mark Dale** this June. Mark started with us as a seasonal employee in 1996 running Dunning Lake Waterfront. In this role, Mark ensured that our most precious resources were kept clean and safe for our members. He also was very influential in shaping many of our lifeguard staff by instilling a strong work ethic, empathy for others, and working for the greater good. Mark joined us full-time in 2006 as our Education Director where he developed a conservation and stewardship plan for the organization and vastly expanded our environmental programming. Mark has had a major impact on many of our large capital projects over the last 20 years. The biggest of these would be the Save Walton Pond project and the construction of Nature's Porch. During the Save Walton Pond project, Mark and Miss Judy developed a citizen science project where campers and member families worked to save 17,519 animals from Walton Pond before it was dredged. This project actually won Winding Trails a national award from the American Camp Association for program



excellence. Following the Walton Pond project we designed and built Nature's Porch, our environmental center. Mark was instrumental in the planning and construction of this building. These two improvements resulted in the resurrection of this part of the park that now attracts thousands of members each year to enjoy the ecosystem and facilities.

In addition to Mark's role as the Education Director, he can be seen helping in almost every other department, constantly asking who needs help and what he can do. Whether it was scuba diving to anchor the lane lines, writing articles for this newsletter, or grooming the trails for skiing, Mark was there to help. In addition to Mark helping professionally, he was always willing to help on a personal level, by providing an ear or advice to anyone who may need it. He was also the first to offer a ride or spare room if warranted. Mark always had the Winding Trails community in mind and wanted to make sure we were providing space for people to gather and offer programs that brought people together. When he announced his intentions of retiring, we certainly were happy for him as he moves on to his next chapter in life, but a little selfishly sad and wondering how we are going to replace him. The truth is we are all replaceable, but it doesn't mean we won't be missed. Mark will certainly be missed.

The interest in the opening of the Education Coordinator was far beyond anything we thought it would be. Through the various avenues we posted the position, we ended up with over 250 applicants and vetted this group down to a dozen individuals that were interviewed and then narrowed down to three for a second interview. The number one candidate was **Elyse Cahill** who starts with us in early





April. We are extremely pleased to have Elyse on our staff. She has a BS from Clarkson University in Biology and received an MS from Antioch University in Environmental Studies with a concentration in Environmental Education last May. Elyse's experience encompasses a wide range of areas including teaching environmental education and conducting research. She was an educator at the Vermont Institute of Natural Sciences, Horatio Colony Nature Preserve, and Sullivan County Nature Resources Department. Her research work has included jobs with CT DEEP, Monadnock Ecological Research and Education Project, and Clarkson University Limnology Lab. Elyse has a warm smile and a welcoming personality. She is eager to share her knowledge of the outdoors with our constituents and study our forests and waterways. Look for new nature programs that will be added throughout the next 6 months.

Renee Felter will be leaving her role as Camp Administrator this coming fall. Renee has tirelessly served our organization for over thirty years and has become a household name for many of you through her interactions with you and our camp program. Renee has an incredible ability to remember families, kid's names, bus routes, and more. Her goal has always been to provide a positive camp experience for each child to help them grow, make new friends, and have fun. She has also been instrumental in improving our IT infrastructure through initiatives like fiber optic line throughout the park, online membership and program registration, and website design. About a year ago, Renee had an opportunity to purchase a small farm in North Carolina near her daughter and she took it. Renee has always owned horses, and this was an opportunity to have her horse at her home and be closer to her daughter. We discussed what this meant for her employment at Winding Trails, and sadly we agreed upon an exit date of early fall after the 2025 camp season. As much as we hate to see Renee move on, we could not be happier for her and her family.



With this pending change, we are excited to announce that **Kim Kowalski**, our Membership & Program Administrator, will be taking on a new role as our Camp & Development Administrator. Kim has been with us since 2006 and is very familiar to all of you, as she has been handling memberships, program registrations, donations, social media, and more for almost 20 years. Kim started at Winding Trails as a camp counselor and is very familiar with our families and our camp program. In addition to the camp administrative duties, Kim will also be taking a large role in our development program helping with all our fundraising events and donor relations. We are excited about Kim taking on this role and expect the transition to be smooth. You will see both Renee and Kim in the camp office this summer helping you and your children, as we work through this transition. A replacement for Kim is in the works and will be in place by late May.



## DUNNING LAKE HAPPENINGS

As we look ahead to enjoying another wonderful summer at Dunning Lake in 2025, we can't help but reflect on the highlights of last year. Last summer marked the debut of our newly renovated Grille, and the lines there are a true testament to its popularity! Members have been flocking to the Grille, eager to enjoy the diverse menu that keeps them coming back for more, especially with the return of the much-loved curly fries! Along with the new Grille, we also saw the grand opening of the Lakeside Pavilion. This beautiful new space quickly became the perfect venue for our acoustic events and helped introduce exciting new programs such as The Score concert and the Farm to Table fundraiser. We're already looking forward to another summer of delicious meals at the Grille and evenings filled with live music at the Lakeside Pavilion.

In addition to the new Grille and Pavilion, the summer of 2024 also saw the return of our swimming lessons at Dunning Lake! More than 220 children participated in our swimming lessons, reinforcing our commitment to teaching this valuable life skill at Winding Trails. It's also a time when we meet many of our future lifeguards and boat attendants—many of whom have grown up participating in our aquatic programs. Watching these staff members return to serve as role models and share their expertise with younger generations is truly rewarding. We are excited for another summer filled with successful aquatic programs including swim lessons, sailing, and lifeguarding classes. Check out all these programs in this newsletter, and watch for emails too.





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

Back by popular demand, The SCORE returns to “rock” the beach and entertain people of all ages. Playing your favorite hits from the 50’s to today, this high-energy group will be sure to have everyone dancing. Rain or shine. *Registration opens the first Monday of the month, prior to each program date.*

Date: .....Saturday, July 12th  
Time: .....6:30pm – 8:30pm  
Where:.....Lakeside Pavilion  
Fee: ..... \$7.00  
Member Discount Fee:..... Free  
Minimum: 20 .....Maximum: 400



### TUESDAY NIGHT RACE SERIES

Our Tuesday night tradition continues from April to September here at Winding Trails.

Winding Trails offers three race series, starting with our Mountain Bike Series that started in 2022, followed by our long-standing Triathlon Series’ 25th year, and ending the season with our Trail Running Series.



### TRI SERIES FREE DEMO DAY

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

Date: ..... Tuesday, June 3rd  
Time: .....5:00pm – 7:30pm  
*Schedule of Events will be announced in May!*  
Where:.....Transition Area (located by Walton Pond)  
Fee: ..... Free

### SPRINT TRI-TRAINING SERIES

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

Date: .....Tuesdays, June 10th – August 12th  
*\*August 12th end-of-the-series party (free for those who participated in 5 or more races)*  
Time: ..... 6:15pm – 8:00pm (Check in opens at 5:00pm)  
Where:..... Tri Transition area (located by Walton Pond)  
Ages: ..... 10 and over  
Minimum: 30 .....Maximum: 200

### TRIATHLON RACE FEES

FEES	PER RACE SPRINT	PER RACE TINY	SERIES PASS SPRINT	SERIES PASS TINY	MINI PASS SPRINT (5 RACES)	MINI PASS TINY (5 RACES)	TEAMS	KIDS RACE
Members	\$25.00	\$20.00	\$175.00	\$140.00	\$100.00	\$75.00	\$40.00	\$5.00
Nonmembers	\$35.00	\$30.00	\$245.00	\$210.00	\$140.00	\$120.00	\$50.00	\$10.00
Student	\$25.00	\$20.00	\$175	\$140.00	\$100.00	\$75.00	\$40.00	—

### SPECIAL THANKS TO OUR TRI SPONSORS



## TINY TRI-TRAINING SERIES

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

Date: .....Tuesdays, June 10th – August 12th  
 \*August 12th end-of-the-series party (free for those who participated in 5 or more races)  
 Time: ..... 6:00pm – 8:00pm (Check in opens at 5:00pm)  
 Where: ..... Tri Transition area (located by Walton Pond)  
 Ages: ..... 10 and over  
 Minimum:10..... Maximum: 100



## KIDS TRI'S

What child doesn't love to swim, bike, and run? Your child will love these fun kid triathlons throughout the summer. Ages 5- to 7-year-olds swim approximately 25-yards, bike a 1/2 mile and run a 1/4 mile. 8- to 10-year-olds swim approximately 50-yards, bike 1 mile, and run a 1/2 mile. Swimming is along the shore, where everyone can reach the bottom. The 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! Helmets are required. *Registration will open on June 2nd for this program.*



Dates:  
 Session I: ..... Thursday, July 10th  
 Session II: ..... Thursday, July 24th  
 Session III: ..... Thursday, August 7th  
 Time: ..... 5:30pm – 6pm (Check in opens at 4:30pm)  
 Ages: ..... 5 – 10 years old  
 Where: ..... Dunning Lake Peninsula area  
 Fee: ..... \$10.00 race fee  
 Member Fee: ..... \$5.00 race fee  
 Minimum: 20 ..... Maximum: 75

### SPECIAL THANKS TO OUR 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 1st. *Weekly registration will open each Thursday before the race and close each Tuesday at 12.00pm.*

Date: .....Tuesdays, August 26th – September 23rd  
 Time: ..... 6:00pm – 8:00pm  
 Where: ..... Tri Transition area (located by Walton Pond)  
 Ages: ..... 10 and over  
 Series Pass Fee: ..... \$100.00  
 Series Pass Member Discount Fee: ..... \$60.00  
 Day of Fee: ..... \$25.00  
 Day of Member Discount Fee: ..... \$15.00

### SPECIAL THANKS TO OUR SPONSORS





## ACOUSTIC NIGHTS AT WINDING TRAILS

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

### Session I: Kerrie Stelly, Joel Weik, Kelly Hahne

Date: ..... Friday, June 6th  
Place: ..... Lakeside Pavilion

### Session II: Searching for Sunshine

Date: ..... Friday, July 11th  
Place: ..... Lakeside Pavilion

### Session III: TJ Fuller

Date: ..... Friday, August 8th  
Place: ..... Lakeside Pavilion

### Session IV: Kerrie Stelly, Melanie Michaud, & 22 Brides

Date: ..... Friday, September 5th  
Place: ..... Lakeside Pavilion

Time: ..... 7:00pm – 9:00pm

Ages: ..... All Ages

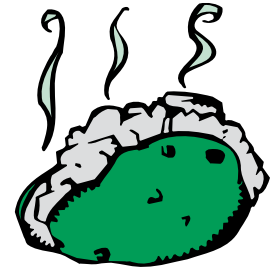
Fees: ..... \$7.00 for Nonmembers Adults  
\$5.00 for Nonmember Children ages 3 – 15

Member Fee: ..... Free

Minimum: 25 ..... Maximum: 300

## 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. 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 9th  
Time: ..... 6:00pm – 8:00pm,  
dinner will be served 6:30pm – 7:30pm

Where: ..... Walton Pond

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

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

Minimum: 50 ..... Maximum: 200

## FAMILY BINGO AND PIZZA NIGHT

Bring your family out for a fun night at Winding Trails. Join us in the Boathouse Pavilion for Pizza and Bingo. We will play multiple versions of bingo and there will be plenty of Winding Trails' prizes and swag to be won. Snacks, dessert, and beverages will also be included. This is a member only event. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Wednesday, August 6th

Time: ..... 6:00pm – 8:00pm

Where: ..... Lakeside Pavilion

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

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

Minimum: 50 ..... Maximum: 200





## TRAILS FUND PROGRAMS



### CURIOUS CREATURES PRESENTED BY THE TRAILS FUND

Come and enjoy New England's original interactive and educational live animal program. This presentation is hands-on and interactive. Learn interesting facts and stories about exotic and unusual animals. Animals you may see include snakes, giant cockroaches, chinchillas, bearded dragons, hedgehogs, and more. *Registration opens the first Monday of the month, prior to each program date.*

Speaker: .....Curious Creatures Staff  
Date: ..... Thursday, July 24th  
Time: ..... 6:00pm - 7:30pm  
Where: ..... Amphitheater  
Ages: ..... All Ages  
Member Fee: ..... Free  
Minimum: 25 ..... Maximum: 125



### BIRDS OF PREY PRESENTED BY THE TRAILS FUND

Get up and close to these amazing live birds. Learn about the special adaptations and behaviors of raptors and the role they play in our ecosystem. *Registration opens the first Monday of the month, prior to each program date.*

Speaker: .....CT Audubon Staff  
Date: ..... Saturday, September 27th  
Time: ..... 2:00pm - 3:00pm  
Where: ..... Amphitheater  
Ages: ..... All Ages  
Fee: ..... \$7.00 for Adults  
..... \$5.00 for Children  
Member Discount Fee: ..... Free  
Minimum: 25 ..... Maximum: 125

## ODYSSEY CLIMBS

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

**Session I**  
Date: ..... Sunday, June 29th  
**Session II**  
Date: ..... Saturday, July 26th  
**Session III**  
Date: ..... Saturday, August 9th  
Time: ..... 1:00pm - 4:00pm  
Ages: ..... 10 years old and above  
Where: ..... Meet at the Climbing Tower  
Fee: ..... \$70.00  
Member Discount Fee: ..... \$50.00  
Minimum: 15 ..... Maximum: 30



## CHALLENGE QUEST — NEW PROGRAM!

This 3-hour program allows you to push yourself into your challenge zone. We will explore 3 different high ropes elements: Catwalk, Pamper Plank, Giant Swing, Vertical Play Pen to name a few. Come ready to climb and explore your quest! *Registration opens the first Monday of the month, prior to each program date.*

**Session I**  
Date: ..... Sunday, May 18th  
**Session II**  
Date: ..... Sunday, June 1st  
**Session III**  
Date: ..... Sunday, June 22nd  
Ages: ..... 12 to 15 years olds  
Time: ..... 1:00pm - 4:00pm  
Where: ..... Meet at the Climbing Tower  
Fee: ..... \$45.00  
Member Fee: ..... \$35.00  
Minimum: 15 ..... Maximum: 30

## SHIPWRECK: THE ULTIMATE SURVIVAL QUEST

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

### Session I

Date: ..... Sunday, June 29th  
 Time: ..... 9:00am - 11:00am

### Session II

Date: ..... Saturday, July 26th  
 Time: ..... 1:30pm - 3:30pm

### Session III

Date: ..... Sunday, August 10th  
 Time: ..... 9:00am - 11:00am

### Session IV

Date: ..... Saturday, August 30th  
 Time: ..... 1:30pm - 3:30pm

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

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



## 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 overhangs 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: ..... Saturday, June 7th  
 Time: ..... 10:00am - 12:00pm

### Session II

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

### Session III

Date: ..... Saturday, July 19th  
 Time: ..... 10:00am - 12:00pm

### Session IV

Date: ..... Saturday, August 2nd  
 Time: ..... 10:00am - 12:00pm

### Session V

Date: ..... Saturday, August 16th  
 Time: ..... 10:00am - 12:00pm

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

## ORIENTEERING

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



### Session I

Date: ..... Saturday, June 7th

### Session II

Date: ..... Saturday, July 19th

### Session III

Date: ..... Saturday, August 2nd

### Session IV

Date: ..... Saturday, September 6th  
 Time: ..... 3:00pm - 5:00pm

Ages: ..... 10 to 14 years olds  
 Where: ..... Front Porch of Lodge Building  
 Fee: ..... \$30.00  
 Member Discount Fee: ..... \$20.00  
 Minimum: 6 ..... Maximum: 15



### 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, kickball, 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 27th – Saturday June 28th

#### Session II

Date: ..... Friday, July 25th – Saturday, July 26th

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

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

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

### FRIDAY NIGHT CLIMBING UNDER THE STARS

This 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 overhangs 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 12th

Time: ..... 7:00pm – 9:00pm

#### Session II

Date: ..... Friday, October 3rd

Time: ..... 6:30pm – 8:30pm

#### Session III

Date: ..... Friday, October 17th

Time: ..... 6:30pm – 8:30pm

#### Session IV

Date: ..... Friday, November 7th

Time: ..... 6:30pm – 8:30pm

#### Session V

Date: ..... Friday, November 14th

Time: ..... 6:30pm – 8:30pm

Ages: ..... 7 to adults

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

Fee: ..... \$30.00

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

Minimum: 12 ..... Maximum: 25

### 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 16th

Time: ..... 4:00pm – 10:00pm

Where: ..... Dunning Lake Area.

Ages: ..... All ages

Fee: ..... Free

Sorry no guests allowed on this day.





## WINDING TRAILS CROSS COUNTRY INVITATIONAL MEET

Winding Trails will be hosting the 13th 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 1,000 runners and hundreds of spectators. Parking will be extremely limited on this day.

Date: ..... Saturday, September 20th  
 Time: ..... 7:30am - 3:30pm  
 Where: ..... Boathouse Pavilion  
 Ages: ..... All Ages  
 Parking Fee: ..... \$5 for the general public, Free for Members



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

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

Looking to showcase your own work? We are looking for new house builders in 2025. Contact [Elyse@windingtrails.org](mailto:Elyse@windingtrails.org) for more information. *Registration opens the first Monday of the month, prior to each program date.*



### Session I

Date: ..... Saturday, October 4th

### Session II

Date: ..... Sunday, October 5th

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

Ages: ..... All ages

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



## FARMINGTON VALLEY MUSIC FESTIVAL SPONSORED BY LODESTAR ENERGY

Come and celebrate the 10th year of this fall festival highlighting music from local, regional, and national acts. The backdrop of fall colors along Dunning Lake make for a colorful venue. We are very excited to celebrate our 10th year bringing top-level talent from local, regional, and national acts. This year's headliner will be Della Mae a GRAMMY nominated all-women string band. Hailing from across North America, and reared in diverse musical styles, they are one of the most charismatic and engaging roots bands touring today. They have traveled to over 30 countries spreading peace and understanding through music. On the main stage will also be Buffalo Rose, Cold Chocolate, and the Tenderbellies. Award-winning artist Buffalo Rose hails from Pittsburgh, PA with a modern folk and Americana sound. This charismatic band weaves spiraling harmonies with gorgeously layered instrumentation. Cold Chocolate from Boston is a genre-bending band that fuses folk, funk, and bluegrass to create a unique sound of their own. The Tenderbellies are a Vermont-based string band that seamlessly blends Americana, bluegrass, new grass, jazz and rock. Our 2nd stage at the Boathouse will feature some of the best local and regional talent in the area. This daylong event gives attendees the opportunity to hear ten different performers. There will also be a Beer Garden offering free samples from over 15 local breweries (sponsored by CLARKHIRTH CPAS). Food trucks and a vendor village will also be present, making it a perfect fall event for everyone!

Date: ..... Saturday, October 18th (Rain or Shine)

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

Where: ..... Dunning Lake

Ages: ..... All Ages

Fees:

DATE	ADULTS	MEMBER-ADULTS	CHILDREN*	MEMBER-CHILDREN
Before July 1st	\$30	\$25	\$10	\$5
After August 16th	\$35	\$30	\$10	\$5
At the door (if available)	\$45	\$40	\$10	\$5

\*Children under 10 are free



## CALENDAR OF EVENTS

### MAY

Dunning Lake Opens for Swimming.....Saturday, May 31st  
 Challenge Quest, Session I.....Sunday, May 18th

### JUNE

Challenge Quest, Session II.....Sunday, June 1st  
 Triathlon Series Demo Day.....Tuesday, June 3rd  
 Acoustic Night.....Friday, June 6th  
 Cooking Class.....Friday, June 6th  
 Orienteering, Session I.....Saturday, June 7th  
 Climbing Tower Day, Session I.....Saturday, June 7th  
 Introduction to Pickleball, Session I.....Saturdays, June 7th – June 28th  
 Sprint Tri-Training Series.....Tuesdays, June 10th – August 12th  
 Tiny Tri-Training Series.....Tuesdays, June 10th – August 12th  
 Little Kids Exploring Nature: Building Animal Homes.....Saturday, June 14th  
 Families Exploring Nature: Building Animal Homes.....Saturday, June 14th  
 Drop-In Volleyball, Session I.....Mondays, June 16th – July 7th  
 American Red Cross Lifeguarding Course, Session I.....Mon. – Fri., June 16th – 27th  
 Walk, Talk, & Gawk Adult Walk: Building Animal Houses.....Thursday, June 19th  
 Challenge Quest, Session III.....Sunday, June 22nd  
 Youth Adventurers, Session VII.....June 23rd – June 27th  
 Tennis Camp, Session I.....June 23rd – 27th  
 Introduction to Boats, Session I.....June 23rd – 27th  
 Afternoon Explorers, Session I.....June 23rd – 27th  
 Summer Day Camp, Session I.....June 23rd – July 4th  
 Swim Lessons, Session I.....June 23rd – July 3rd  
 Sailing Lessons, Session I.....June 23rd – July 4th  
 Winding Trails Summer Kick Off.....Wednesday, June 25th  
 Introduction to Pickleball, Session II.....Wednesdays, June 25th – July 16th  
 Summer Fun Drop In Events.....Fridays, June 27th – August 15th  
 Play & Stay Overnight, Session I.....Friday, June 27th – Saturday, June 28th  
 Climbing Tower Day, Session II.....Saturday, June 28th  
 Shipwreck: The Ultimate Survival Quest, Session I.....Sunday, June 29th  
 Odyssey Climb, Session I.....Sunday, June 29th  
 Youth Adventurers, Session VIII.....June 30th – July 4th  
 Afternoon Explorers, Session II.....June 30th – July 4th  
 Golf Camp.....June 30th – July 4th

### JULY

Winding Trails Wacky Relays.....Wednesday, July 2nd  
 Introduction to Pickleball, Session III.....Thursdays, July 3rd – 24th  
 Basketball Camp.....July 7th – 11th  
 Youth Adventurers, Session I.....July 7th – 11th  
 Afternoon Explorers, Session III.....July 7th – 11th

### AUGUST

Climbing Tower Day, Session IV.....Saturday, August 2nd  
 Orienteering, Session III.....Saturday, August 2nd  
 Comedy Night with Steve Nagel.....Saturday, August 2nd  
 Baseball Camp.....August 4th – 8th  
 Youth Adventurers, Session V.....August 4th – 8th  
 Afternoon Explorers, Session VII.....August 4th – 8th  
 Introduction to Boats Session IV.....August 4th – 8th  
 Summer Day Camp, Session IV.....August 4th – 15th  
 Swim Lessons, Session IV.....August 4th – 15th  
 Sailing Lessons, Session IV.....August 4th – 15th  
 Family Bingo and Pizza Night.....Wednesday, August 6th  
 Kids Triathlon, Race III.....Thursday, August 7th  
 Acoustic Night.....Friday, August 8th  
 Odyssey Climb, Session IV.....Saturday, August 9th  
 Little Kids Exploring Nature: Summer Ecosystems.....Saturday, August 9th  
 Families Exploring Nature: Summer Ecosystems.....Saturday, August 9th  
 Shipwreck: The Ultimate Survival Quest, Session III.....Sunday, August 10th  
 Flag Football Camp.....August 11th – 15th  
 Youth Adventurers, Session VI.....August 11th – 15th  
 Afternoon Explorers, Session VIII.....August 11th – 15th  
 Introduction to Pickleball, Session VII.....Tuesdays, August 12th – Sept. 2nd  
 Walk, Talk, & Gawk Adult Walk: Summer Ecosystems.....Thursday, Aug. 14th  
 Introduction to Pickleball, Session VIII.....Thursdays, August 14th – Sept. 4th  
 Last Blast.....Saturday, August 16th  
 Climbing Tower Day, Session V.....Saturday, August 16th  
 Leszek Wrona Soccer Academy.....August 18th – 22nd  
 Trail Running Series.....Tuesdays, August 26th – September 23rd  
 Shipwreck: The Ultimate Survival Quest, Session IV.....Saturday, August 30th

### SEPTEMBER

Acoustic Night.....Friday, September 5th  
 Orienteering, Session IV.....Saturday, September 6th  
 Little Kids Exploring Nature: Migration to Warm Places.....Saturday, September 6th  
 Families Exploring Nature: Migration to Warm Places.....Saturday, September 6th  
 Introduction to Pickleball, Session IX.....Saturdays, September 6th – 27th  
 Barre at the Boathouse Pavilion.....Tuesdays, September 9th – October 21st  
 Archery Lessons, Session V.....Tues. & Thurs., September 9th – 18th  
 Archery Lessons, Session VI.....Tues. & Thurs., September 9th – 18th  
 Soccer Shots – Mini.....Thursdays, September 11th – October 30th  
 Soccer Shots – Classic.....Thursdays, September 11th – October 30th  
 Climbing Under the Stars, Session I.....Friday, September 12th  
 Introduction to Pickleball, Session X.....Tuesdays, Sept 16th – October 7th

# SUMMER

# WINDING TRAILS 2025

Introduction to Boats, Session II	July 7th - 11th
Archery Lessons Session I	Mon. & Wed., July 7th - 16th
Archery Lessons Session II	Mon. & Wed., July 7th - 16th
Summer Day Camp, Session II	July 7th - 18th
Swim Lessons, Session II	July 7th - 18th
Sailing Lessons, Session II	July 7th - 18th
Introduction to Pickleball, Session IV	Tuesdays, July 8th - July 29th
Baked Potato Fest	Wednesday, July 9th
Kids Triathlon, Race I	Thursday, July 10th
Acoustic Night	Friday, July 11th
The Score Summer Concert	Saturday, July 12th
Little Kids Exploring Nature: The World of Turtles	Saturday, July 12th
Families Exploring Nature: The World of Turtles	Saturday, July 12th
Introduction to Pickleball, Session V	Saturdays, July 12th - August 2nd
Lacrosse Camp	July 14th - 18th
Youth Adventurers, Session II	July 14th - 18th
Afternoon Explorers, Session IV	July 14th - 18th
Wet & Wild	Wednesday, July 16th
Walk, Talk, & Gawk Adult Walk: The World of Turtles	Thursday, July 17th
Trivia Night with WhatTrivia	Friday, July 18th
Orienteering, Session II	Saturday, July 19th
Climbing Tower Day, Session III	Saturday, July 19th
Drop-In Volleyball, Session II	Mondays, July 21st - August 11th
Soccer Camp	July 21st - 25th
Introduction to Boats, Session III	July 21st - 25th
Youth Adventurers, Session III	July 21st - 25th
Afternoon Explorers, Session V	July 21st - 25th
Summer Day Camp, Session III	July 21st - August 1st
Swim Lessons, Session III	July 21st - August 1st
Sailing Lessons, Session III	July 21st - August 1st
Archery Lessons Session III	Tues. & Thurs., July 22nd - July 31st
Archery Lessons Session IV	Tues. & Thurs., July 22nd - July 31st
American Red Cross Lifeguarding Information Session	Wednesday, July 23rd
Curious Creatures - A Trails Fund Program	Thursday, July 24th
Kids Triathlon, Race II	Thursday, July 24th
Play & Stay Overnight, Session II	Friday, July 25th - Saturday, July 26th
Odyssey Climb, Session III	Saturday, July 26th
Shipwreck: The Ultimate Survival Quest, Session II	Saturday, July 26th
Tennis Camp, Session II	July 28th - August 1st
Youth Adventurers, Session IV	July 28th - August 1st
Afternoon Explorers, Session VI	July 28th - August 1st
American Red Cross Lifeguarding Course, Session II	Mon. - Fri., July 28th - Aug. 8th
Winding Trails Olympics	Wednesday, July 30th
Introduction to Pickleball, Session VI	Wednesdays, July 30th - August 20th

Adventures with Mike	Wednesdays, September 17th - October 8th
Arts & Crafts for Preschoolers	Thursdays, September 18th - October 16th
Introduction to Pickleball, Session XI	Thursdays, Sept. 18th - October 9th
Walk, Talk, and Gawk Adult Walk: The Chemistry of Autumn	Thursday, September 18th
Farm To Table Fundraiser	Friday, September 19th
Winding Trails Cross Country Invitational Meet	Saturday, September 20th
Birds of Prey - A Trails Fund Program	Saturday, September 27th

## OCTOBER

Kid's Mountain Bike Club	Wednesdays, October 1st - 22nd
Climbing Under the Stars, Session II	Friday, October 3rd
Introduction to Pickleball, Session XII	Saturdays, October 4th - 25th
Nature's Open House (Fairy House Tour)	Saturday, October 4th
Nature's Open House (Fairy House Tour)	Sunday, October 5th
Fall Adult Luncheon - This Business of Fighting	Wednesday, October 8th
ARC Adult & Pediatric First Aid/CPR/AED	Thursday, October 9th
Kid's Night Out, Session I	Friday, October 10th
Art-Ventures	Thursdays, October 16th - November 20th
Climbing Under the Stars, Session III	Friday, October 17th
Little Kids Exploring Nature: What's Everyone Eating?	Saturday, Oct. 18th
Families Exploring Nature: What's Everyone Eating?	Saturday, Oct. 18th
Music Festival	Saturday, October 18th
E.Y.E.S.- S.T.E.A.M. In Motion LEGO	Mondays, October 20th - Nov. 17th
Mad Science - Secret Agent Lab	Tuesdays, October 21st - Nov. 25th
E.Y.E.S.- S.T.E.A.M. with Motorized Machines	Wednesdays, Oct. 22nd - Nov. 19th
Haunted Trails	Saturday, October 25th
Walk, Talk, and Gawk Adult Walk: What's Everyone Eating?	Thursday, October 30th

## NOVEMBER

Climbing Under the Stars, Session IV	Friday, November 7th
Little Kids Exploring Nature: Animals Get Ready for Winter	Saturday, November 8th
Families Exploring Nature: Animals Get Ready for Winter	Saturday, November 8th
Walk, Talk, and Gawk Adult Walk: Getting Ready for Winter	Thursday, November 13th
Climbing Under the Stars, Session V	Friday, November 14th
Kid's Night Out, Session II	Friday, November 14th
Flower Arranging Workshop with Designs by Brittany	Friday, November 21st
Tom Turkey Hunt	Saturday, November 22nd - Sunday, November 30th

## DECEMBER

Holidays at the Trails	Sunday, December 7th
Wood Floral Craft Workshop - Winter Wreath	Friday, December 12th
Santa's Calling	December 15th - 19th

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



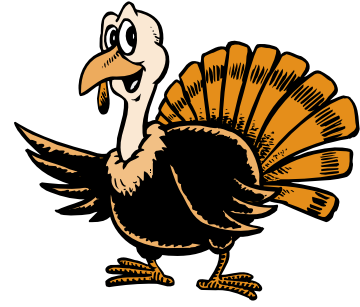
### HAUNTED TRAILS

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

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

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

- Date: ..... Saturday, October 25th
- Times:
- Session I: ..... 4:00pm
- Session II: ..... 4:30pm
- Session III: ..... 5:00pm
- Session IV: ..... 5:30pm
- Session V: ..... 6:00pm
- Session VI: ..... 7:00pm
- Session VII: ..... 7:30pm
- Session VIII: ..... 8:00pm
- Session IX: ..... 8:30pm
- Where: ..... Walton Pond Beach
- Fee: ..... \$20.00 per person
- Member Discount Fee: ..... \$12.00 per person



### TOM TURKEY HUNT

Tom Turkey Hunt is a family scavenger hunt through our trail system. You and your family will register online and have your first clue and directions emailed to you. From there you follow the clues around our trails system to find other clues. Once you complete the hunt you will email us your answers to all the clues and be registered to win a gift certificate from a local supermarket! You have 9 days to complete the hunt. Come out with your family and enjoy the park in the fall and visit some places you may never have been before. The deadline for submitting your clues is 10am on Monday, December 1st. *Registration opens the first Monday of the month, prior to each program date.*

- Date: ..... Saturday, November 22nd- Sunday, November 30th
- Time: ..... Dawn to Dusk
- Ages: ..... All Ages
- Where: ..... Nature's Porch
- Fee: ..... \$10.00 per family
- Member Discount Fee: ..... \$5.00 per family





**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 17th. The deadline for all information sheets to be turned in is Friday, December 12th Santa himself will make all calls between Dec. 15th and Dec. 19th between the hours of 3:00pm and 7:00pm. Ho! Ho! Ho! This is a free, members only program.

**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, and make crafts. There will also be a special holiday magic show every hour. This is a members only program. *Registration opens the first Monday of the month, prior to each program date.*

- Date: ..... Sunday, December 7th
- Times:
- Session I: ..... 11:00am - 12:00pm
- Session II: ..... 12:00pm - 1:00pm
- Session III: ..... 1:30pm - 2:30pm
- Session IV: ..... 2:30pm - 3:30pm
- Session V: ..... 3:30pm - 4:30pm
- Fee: ... One non-perishable food item (per person) to be donated to the local food bank after all, 'tis the Holiday season!
- Minimum: 50 ..... Maximum: 180





### 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, an obstacle course relay and more! You do not want to miss out on the fun!

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

#### WET & WILD

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

Date: . . . . .Wednesday, July 16th (Rain Date: Thursday, July 17th)  
Time: . . . . .2:00pm  
Ages: . . . . .5 - 12 years old  
Where: . . . . .Lakeside Pavilion  
Member Fee: . . . . .Free  
Minimum: 20 . . . . .Maximum: 200

#### WINDING TRAILS OLYMPICS

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

Date: . . . . .Wednesday, July 30th (Rain Date: Thursday, July 31st)  
Time: . . . . .2:00pm - 4:00pm  
Ages: . . . . .5 - 12 years old  
Where: . . . . .Lakeside Pavilion  
Member Fee: . . . . .Free  
Minimum: 20 . . . . .Maximum: 200

#### SUMMER FUN DROP - IN EVENTS

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

Dates: . . . . .Fridays, June 27th to August 15th  
*No drop in on Friday, July 4th*  
Time: . . . . .1:30pm  
Ages: . . . . .12 and Under  
Where: . . . . .Lakeside Pavilion  
Member Fee: . . . . .Free

### SOCCER SHOTS - MINI

Soccer Shots Mini is a high - energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active. Parent/guardian must be present during the entire class. *Registration opens the first Monday of the month, prior to each program date.*

Date: . . . . .Thursdays, September 11th - October 30th  
Time: . . . . .4:00pm - 4:30pm  
Where: . . . . .Sportsplex  
Ages: . . . . .2 to 3 years old  
Fee: . . . . . \$150.00  
Member Discount Fee: . . . . . \$120.00  
Minimum: 6 . . . . .Maximum: 12

### SOCCER SHOTS - CLASSIC

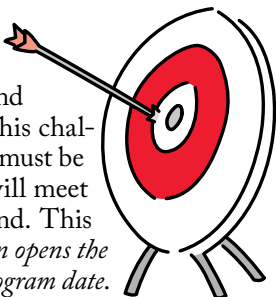
Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. They also highlight a positive character trait each session such as respect, teamwork, and appreciation to help build a well-rounded athlete and child. Parent/guardian must be present during the entire class. *Registration opens the first Monday of the month, prior to each program date.*

Date: . . . . .Thursdays, September 11th - October 30th  
Time: . . . . .4:45pm - 5:30pm  
Where: . . . . .Sportsplex  
Ages: . . . . .4 to 6 years old  
Fee: . . . . . \$150.00  
Member Discount Fee: . . . . . \$120.00  
Minimum: 6 . . . . .Maximum: 12



## 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 7th - 16th  
 Time: ..... 4:00pm - 4:45pm

### Session II

Dates: ..... Mondays and Wednesdays, July 7th - 16th  
 Time: ..... 5:00pm - 5:45pm

### Session III

Dates: ..... Tuesdays and Thursdays, July 22nd - 31st  
 Time: ..... 4:00pm - 4:45pm

### Session IV

Dates: ..... Tuesdays and Thursdays, July 22nd - 31st  
 Time: ..... 5:00pm - 5:45pm

### Session V

Dates: ..... Tuesdays and Thursdays, September 9th - 18th  
 Time: ..... 4:00pm - 4:45pm

### Session VI

Dates: ..... Tuesdays and Thursdays, September 9th - 18th  
 Time: ..... 5:00pm - 5:45pm

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



## KIDS MOUNTAIN BIKING CLUB

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

Date: ..... Wednesdays, October 1st - October 22nd  
 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

## ART-VENTURES FOR KIDS - JUST FOR FUN ART-VENTURES

Get ready to "create some fun!" Just for Fun ART-ventures lead children on an imaginary tour through the world's greatest art museums, inspiring creativity through exposure to the FUN-damentals of artist's tools, techniques, and art forms, many inspired by the masters. But don't just admire these great works—decorate your home with masterpieces of your own! Draw oil pastel flowers like O'Keefe, create colorful canvases in the style of Matisse, and design upside down and inside out watercolor dream paintings inspired by Chagall. Sculpt swirly clay pencil holders, create burlap landscape collages, and decorate paper mache boxes. Craft wacky cubist costumes inspired by Picasso, draw unique self-portraits, and design sparkling fabric wall hangings. Creatively educational, whimsical, and unconventional, these ART-ventures welcome children into a world of artistic wonder. Children bring home beautiful masterpieces each week, sure to transform any home into a gallery!

Date: ..... Thursdays, October 16th - November 20th  
 Time: ..... 4:30pm - 5:30pm  
 Where: ..... Lodge Activity Room  
 Ages: ..... 6 to 11 years old  
 Fee: ..... \$170.00  
 Member Fee: ..... \$140.00  
 Minimum: 12 ..... Maximum: 20





### ARTS & CRAFTS FOR PRESCHOOLERS

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

Dates: ..... Thursdays, September 18th - October 16th  
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

### E.Y.E.S. – S.T.E.A.M. IN MOTION USING LEGO®

Exceptional Youth Educational Services gets children working with standard LEGO® materials to problem — solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Each class build will be introduced with a different story to start the lesson and post-project challenges. Projects may include wall rocket racers, battle top spinners, and flywheel cruisers. Benefits include: hands-on building skills, problem solving strategies, and understanding the building blocks of simple engineering.

Date: ..... Mondays, October 20th - November 17th  
Time: ..... 4:30pm - 5:30pm  
Where: ..... Lodge Activity Room  
Ages: ..... 7 to 9 years old  
Fee: ..... \$200.00  
Member Discount Fee: ..... \$170.00  
Minimum: 8 ..... Maximum: 16

### E.Y.E.S. – S.T.E.A.M. WITH MOTORIZED MACHINES

Exceptional Youth Educational Services brings this course which is for advanced builders or children who have already taken previous building classes. These motorized projects are complex and require prior building system experience. Children are working with building materials and motors to problem-solve pre-engineering challenges and construct more complicated automated projects involving structure, levers, gears, pulleys, and other elements of complex machines. Projects may include motorized cranes, inchworms, and scissor lifts.

Date: ..... Wednesdays, October 22nd - November 19th  
Time: ..... 4:30pm - 5:30pm  
Where: ..... Lodge Activity Room  
Ages: ..... 10 to 12 years old  
Fee: ..... \$200.00  
Member Discount Fee: ..... \$170.00  
Minimum: 8 ..... Maximum: 16



### MAD SCIENCE – SECRET AGENT LAB

Develop your special agent and detective skills in this super hands-on program! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence — from fingerprints to tracks to trash! Use science and technology for investigation & sleuthing.

Dates: ..... Tuesdays, October 21st - November 25th  
Time: ..... 4:30pm - 5:30pm  
Where: ..... Lodge Activity Room  
Ages: ..... 6 to 10 years old  
Fee: ..... \$170.00  
Member Fee: ..... \$140.00  
Minimum: 12 ..... Maximum: 21

### ADVENTURES WITH MIKE

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

Dates: ..... Wednesdays, September 17th - October 8th  
Time: ..... 4:30pm - 6:00pm  
Ages: ..... 10 to 14 years old  
Where: ..... Meet at Garmany Hall  
Fee: ..... \$80.00  
Member Discount Fee: ..... \$95.00  
Minimum: 6 ..... Maximum 12

### KID'S NIGHT OUT!

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

**Session I**  
Date: ..... Friday, October 10th

**Session II**  
Date: ..... Friday, November 14th  
Time: ..... 6:00pm - 10:00pm  
Age: ..... 6 to 11 years old  
Where: ..... Garmany Hall  
Fee: ..... \$35.00  
Members Discount Fee: ..... \$25.00  
Minimum: 15 ..... Maximum: 30





### ADULT COOKING CLASS – CANNOLI

Come learn to make cannoli with Matt from MY Productions CT. Join us for a two hour hands on event where we bring you from the dough to the filling and finally to the fry as we make this wonderful Sicilian dessert! Remember to bring your apron! Bring your own beverages to enjoy along with the class. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Friday, June 6th  
 Time: ..... 6:00pm – 8:00pm  
 Where: ..... Garmany Hall  
 Ages: ..... Adults Only  
 Fee: ..... \$40.00  
 Member Fee: ..... \$30.00  
 Minimum: 12 ..... Maximum: 20

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

Come join us 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: Building Animal Houses**  
 Date: ..... Thursday, June 19th

**Session II: The World of Turtles**  
 Date: ..... Thursday, July 17th

**Session III: Summer Ecosystems**  
 Date: ..... Thursday, August 14th

**Session IV: The Chemistry of Autumn**  
 Date: ..... Thursday, September 18th

**Session V: What's Everyone Eating**  
 Date: ..... Thursday, October 30th

**Session VI: Getting Ready for Winter**  
 Date: ..... Thursday, November 13th  
 Time: ..... 9:00am – 11:00am  
 Where: ..... Lakeside Pavilion at Dunning Lake  
 Ages: ..... Adults  
 Fee: ..... \$10.00  
 Member Discount Fee: ..... Free  
 Minimum: 6 ..... Maximum: 16

### INTRODUCTION TO PICKLEBALL

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

Session I: ..... Saturdays, June 7th to June 28th  
 Time: ..... 10:00am – 11:00am

Session II: ..... Wednesdays, June 25th to July 16th  
 Time: ..... 8:30am – 9:30am

Session III: ..... Thursdays, July 3rd to 24th  
 Time: ..... 9:00am – 10:00am

Session IV: ..... Tuesdays, July 8th to July 29th  
 Time: ..... 5:00pm – 6:00pm

Session V: ..... Saturdays, July 12th to August 2nd  
 Time: ..... 10:00am – 11:00am

Session VI: ..... Wednesdays, July 30th to August 20th  
 Times: ..... 8:30am – 9:30am

Session VII: ..... Tuesdays, August 12th to September 2nd  
 Times: ..... 5:00pm – 6:00pm

Session VIII: ..... Thursdays, August 14th to September 4th  
 Times: ..... 9:00am – 10:00am

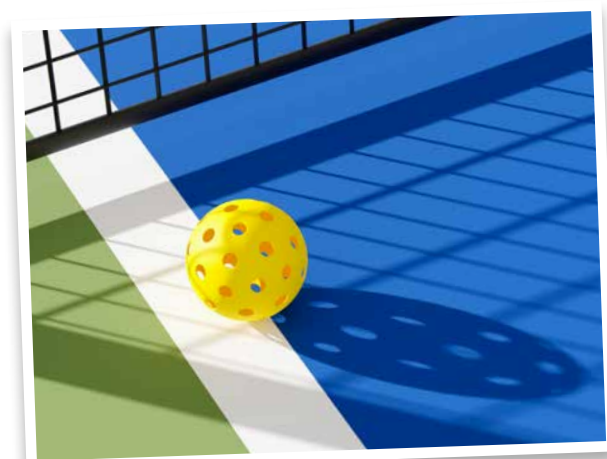
Session IX: ..... Saturdays, September 6th to September 27th  
 Times: ..... 11:30am – 12:30pm

Session X: ..... Tuesdays, September 16th to October 7th  
 Times: ..... 5:00pm – 6:00pm

Session XI: ..... Thursdays, September 18th to October 9th  
 Times: ..... 9:00am – 10:00am

Session XII: ..... Saturdays, October 4th to October 25th  
 Times: ..... 11:30am – 12:30pm

Where: ..... Pickleball Courts  
 Fee: ..... \$60.00  
 Ages: ..... Adults  
 Member Discount Fee: ..... \$40.00  
 Minimum: 4 ..... Maximum: 12





TRIVIA NIGHT WITH WHATTRIVIA

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

Date: ..... Friday, July 18th
Time: ..... 7:00pm - 10:00pm
Where: ..... Boathouse Pavilion
Ages: ..... Adults Only
Fee: ..... \$10.00
Member Fee: ..... \$5.00
Minimum: 25 ..... Maximum: 100



DROP-IN VOLLEYBALL

Calling all sand volleyball fans! Join us Monday evenings for some drop-in play. Registering will help us keep track of how many people to expect, but there is no fee for members to come and play! Nonmembers are welcome to come and play for a small fee. Registration opens the first Monday of the month, prior to each program date

Session I: ..... Mondays, June 16th to July 7th
Session II: ..... Mondays, July 21st to August 11th
Time: ..... 6:00pm - 7:00pm
Where: ..... Sportsplex
Fee: ..... \$7.00
Member Fee: ..... Free
Minimum: 8 ..... Maximum: 30

COMEDY NIGHT WITH STEVE NAGLE

This program was a big hit last year with many laughs. This year we are bringing in Steve Nagle. Since 2001, Steve has been entertaining crowds with his comedy throughout Western Massachusetts and Connecticut. Many of you may know him from the popular morning show, Bax and Nagle on Rock 102 in Springfield, MA. Don't forget to reserve your spot. Joining Steve will be two other regional comedians as well. Registration opens the first Monday of the month, prior to each program date.

Date: ..... Saturday, August 2nd
Time: ..... 8:00pm - 9:30pm
Where: ..... Lakeside Pavilion
Ages: ..... Adults Only
Fee: ..... \$15.00
Member Fee: ..... \$10.00
Minimum: 25 ..... Maximum: 150

BARRE AT THE BOATHOUSE PAVILION

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

Instructor: ..... Bridget Bussiere
Dates: ..... Tuesdays, September 9th to October 21st
(No class on October 14th)
Time: ..... 9:30am - 10:30am
Where: ..... Boathouse Pavilion
Fee: ..... \$90.00 per session
Member Fee: ..... \$75.00 per session
Minimum: 6 ..... Maximum: 20



## FARM TO TABLE FUNDRAISER

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

Chef: ..... Jason Welch  
 Dates: ..... Friday, September 19th  
 Time: ..... 6:00pm – 9:00pm  
 Where: ..... Lakeside Pavilion  
 Fee: ..... \$200.00 per person  
 Member Fee: ..... \$150.00 per person  
 Minimum: 50 ..... Maximum: 80

## FALL ADULT LUNCHEON: "THIS BUSINESS OF FIGHTING – A HUMAN FACE ON WWII"

Join historian and storyteller, Arnie Pritchard as he shares letters from the WWII Army footlocker of his father Lt. Anton Prichard. From these letters, Arnie has created a story focused on his father's time on the front lines in Europe. It portrays a young man dealing with everything from raw fear and his role as a leader to his exposure to a world both wider and more brutal than he had ever known. A light lunch will be provided after the presentation. *Registration opens the first Monday of the month, prior to each program date.*

Speaker: ..... Arnie Pritchard  
 Date: ..... Wednesday, October 8th  
 Time: ..... 11:00am – 1:00pm  
 Location: ..... Garmany Hall  
 Ages: ..... Adults  
 Fee: ..... \$20.00  
 Member Discount Fee: ..... \$10.00  
 Minimum: 20 ..... Maximum: 60

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



**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.*

Date: ..... Thursday, October 9th  
 Time: ..... 5:00pm – 8:30pm  
 Ages: ..... 13 and up  
 Where: ..... Lodge Conference Room  
 Fee: ..... \$100.00  
 Member Discount Fee: ..... \$80.00  
 Minimum: 4 ..... Maximum: 10

## FLOWER ARRANGING WORKSHOP WITH DESIGNS BY BRITTANY

Come enjoy an evening filled with fresh cut flowers and guided instruction from floral designer, Brittany. This workshop is themed for a fall centerpiece, perfect for your Thanksgiving table! All materials will be supplied for this workshop. Registration is required by November 14th. *Registration opens the first Monday of the month, prior to each program date.*

Date: ..... Friday, November 21st  
 Time: ..... 6:30pm – 8:30pm  
 Where: ..... Lodge Activity Room  
 Fee: ..... \$75.00  
 Member Discount Fee: ..... \$60.00  
 Minimum: 6 ..... Maximum: 20

## 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, December 12th  
 Time: ..... 6:30pm – 8:30pm  
 Where: ..... Lodge Activity Room  
 Fee: ..... \$60.00  
 Member Discount Fee: ..... \$40.00  
 Minimum: 6 ..... Maximum: 20





### YOUTH ADVENTURERS

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

- Session I: ..... Monday - Friday, July 7th - July 11th
- Session II: ..... Monday - Friday, July 14th - July 18th
- Session III: ..... Monday - Friday, July 21st - July 25th
- Session IV: ..... Monday - Friday, July 28th - August 1st
- Session V: ..... Monday - Friday, August 4th - August 8th
- Session VI: ..... Monday - Friday, August 11th - August 15th
- Session VII: ..... Monday - Friday, June 23rd - June 27th
- Session VIII: ..... Monday - Friday, June 30th - July 4th
- Time: ..... 9:00am - 12:00pm
- Ages: ..... 6 to 11 years old
- Where: ..... Tennis Courts
- Fee: ..... \$200.00
- Member Discount Fee: ..... \$180.00
- Minimum: 6 ..... Maximum: 16

### AFTERNOON EXPLORERS

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

- Session I: ..... June 23rd - June 27th
- Session II: ..... June 30th - July 4th
- Session III: ..... July 7th - July 11th
- Session IV: ..... July 14th - July 18th
- Session V: ..... July 21st - July 25th
- Session VI: ..... July 28th - August 1st
- Session VII: ..... August 4th - August 8th
- Session VIII: ..... August 11th - August 15th
- Time: ..... Noon - 3:30pm
- Ages: ..... 6 to 10 years old
- Fee: ..... \$150.00
- Member Discount Fee: ..... \$130.00
- Stuff to bring: Appropriate clothing, lunch, water bottle, sneakers, bathing suit and sunscreen.*

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



### WINDING TRAILS SPECIALTY SPORTS PROGRAMS

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

#### TENNIS

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

##### Session I

Dates: ..... Monday - Friday, June 23rd - 27th

##### Session II

Dates: ..... Monday - Friday, July 28th - August 1st

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

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

Where: ..... Tennis Courts

Fee: ..... \$190.00

Member Discount Fee: ..... \$170.00

Minimum: 10 ..... Maximum: 14

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

#### BASKETBALL

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

Dates: ..... Monday - Friday, July 7th - 11th

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

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

Where: ..... Sportsplex

Fee: ..... \$190.00

Member Discount Fee: ..... \$170.00

Minimum: 10 ..... Maximum: 20

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

#### GOLF

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

Dates: ..... Monday - Friday, June 30th - July 4th

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

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

Where: ..... Sportsplex

Fee: ..... \$190.00

Member Discount Fee: ..... \$170.00

Minimum: 10 ..... Maximum: 20

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

**LACROSSE**

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

Dates: ..... Monday – Friday, July 14th – 18th  
 Time: ..... 9:00am – Noon  
 Ages: ..... 6 to 10 years old  
 Where: ..... Sportsplex  
 Fee: ..... \$190.00  
 Member Discount Fee: ..... \$170.00  
 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 21st – 25th  
 Time: ..... 9:00am – Noon  
 Ages: ..... 6 to 10 years old  
 Where: ..... Sportsplex  
 Fee: ..... \$190.00  
 Member Discount Fee: ..... \$170.00  
 Minimum: 10 ..... Maximum: 20

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

**BASEBALL**

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

Dates: ..... Monday – Friday, August 4th – August 8th  
 Time: ..... 9:00am – Noon  
 Ages: ..... 6 to 10 years old  
 Where: ..... Baseball Field  
 Fee: ..... \$190.00  
 Member Discount Fee: ..... \$170.00  
 Minimum: 10 ..... Maximum: 20

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



**FLAG FOOTBALL**

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

Dates: ..... Monday – Friday, August 11th – 15th  
 Time: ..... 9:00am – Noon  
 Ages: ..... 6 to 10 years old  
 Where: ..... Sportsplex  
 Fee: ..... \$190.00  
 Member Discount Fee: ..... \$170.00  
 Minimum: 10 ..... Maximum: 20

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

**LESZEK WRONA SOCCER ACADEMY**



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

Dates: ..... Monday – Friday, August 18th – 22nd  
 Times: ..... 9:00am – Noon  
 Ages: ..... 6 to 14 years old  
 Where: ..... Sportsplex  
 Fee: ..... \$240.00  
 Member Discount Fee: ..... \$220.00  
 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.*



### WINDING TRAILS SWIM LESSONS POLICIES

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

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

### SWIM LEVELS:

#### PRESCHOOL A

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

Minimum Age: ..... 3

#### PRESCHOOL B

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

Minimum Age: ..... 4

#### LEVEL 1

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

Minimum Age: ..... 5

#### LEVEL 2

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

Minimum Age: ..... 5

#### LEVEL 3

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

#### LEVEL 4

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

#### LEVEL 5

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

#### LEVEL 6

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

##### Session I

Dates: ..... June 23rd – July 3rd (No class July 4th)

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

##### Session II

Dates: ..... July 7th – July 18th

Fee: ..... \$70 per child (members only)

##### Session III

Dates: ..... July 21st – August 1st

Fee: ..... \$70 per child (members only)

##### Session IV

Dates: ..... August 4th – August 15th

Member Fee: ..... \$70 per child (members only)

Time: ..... See schedule

## 2025 MEMBER SWIM LESSON SCHEDULE

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

SESSION I: JUNE 23RD TO JULY 3RD *NO CLASS JULY 4TH				REGISTER BY JUNE 19TH			Fee: \$65.00
Preschool A	Preschool B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:40-11:10	10:40-11:10	—	10:40-11:10	10:40-11:10	—	—	—
11:20-11:50	11:20-11:50	11:20-11:50	—	—	11:20-11:50	—	—
—	—	12:00-12:30	12:00-12:30	—	12:00-12:30	—	12:00-12:30
—	—	—	1:40-2:10	1:40-2:10	1:40-2:10	1:40-2:10	—
2:20-2:50	2:20-2:50	—	—	2:20-2:50	2:20-2:50	—	—
—	3:20-3:50	3:20-3:50	—	3:20-3:50	—	—	3:20-3:50
4:00-4:30	—	4:00-4:30	4:00-4:30	—	—	4:00-4:30	—
—	—	5:00-5:30	—	5:00-5:30	—	—	—
—	—	—	5:40-6:10	—	5:40-6:10	—	—

SESSION II: JULY 7TH TO JULY 18TH				REGISTER BY JULY 3RD			Fee: \$70.00
Preschool A	Preschool B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:40-11:10	10:40-11:10	—	10:40-11:10	10:40-11:10	—	—	—
11:20-11:50	11:20-11:50	11:20-11:50	—	—	11:20-11:50	—	—
—	—	12:00-12:30	12:00-12:30	—	12:00-12:30	—	12:00-12:30
—	—	—	1:40-2:10	1:40-2:10	1:40-2:10	1:40-2:10	—
2:20-2:50	2:20-2:50	—	—	2:20-2:50	2:20-2:50	—	—
—	3:20-3:50	3:20-3:50	—	3:20-3:50	—	—	3:20-3:50
4:00-4:30	—	4:00-4:30	4:00-4:30	—	—	4:00-4:30	—
—	—	5:00-5:30	—	5:00-5:30	—	—	—
—	—	—	5:40-6:10	—	5:40-6:10	—	—

SESSION III: JULY 21ST TO AUGUST 1ST				REGISTER BY JULY 17TH			Fee: \$70.00
Preschool A	Preschool B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:40-11:10	10:40-11:10	—	10:40-11:10	10:40-11:10	—	—	—
11:20-11:50	11:20-11:50	11:20-11:50	—	—	11:20-11:50	—	—
—	—	12:00-12:30	12:00-12:30	—	12:00-12:30	—	12:00-12:30
—	—	—	1:40-2:10	1:40-2:10	1:40-2:10	1:40-2:10	—
2:20-2:50	2:20-2:50	—	—	2:20-2:50	2:20-2:50	—	—
—	3:20-3:50	3:20-3:50	—	3:20-3:50	—	—	3:20-3:50
4:00-4:30	—	4:00-4:30	4:00-4:30	—	—	4:00-4:30	—
—	—	5:00-5:30	—	5:00-5:30	—	—	—
—	—	—	5:40-6:10	—	5:40-6:10	—	—

SESSION IV: AUGUST 4TH TO AUGUST 15TH				REGISTER BY JULY 31			Fee: \$70.00
Preschool A	Preschool B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:40-11:10	10:40-11:10	—	10:40-11:10	10:40-11:10	—	—	—
11:20-11:50	11:20-11:50	11:20-11:50	—	—	11:20-11:50	—	—
—	—	12:00-12:30	12:00-12:30	—	12:00-12:30	—	12:00-12:30
—	—	—	1:40-2:10	1:40-2:10	1:40-2:10	1:40-2:10	—
2:20-2:50	2:20-2:50	—	—	2:20-2:50	2:20-2:50	—	—
—	3:20-3:50	3:20-3:50	—	3:20-3:50	—	—	3:20-3:50
4:00-4:30	—	4:00-4:30	4:00-4:30	—	—	4:00-4:30	—
—	—	5:00-5:30	—	5:00-5:30	—	—	—
—	—	—	5:40-6:10	—	5:40-6:10	—	—



### INTRODUCTION TO BOATS

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

**Session I**

Dates: ..... June 23rd – June 27th  
Time: ..... 11:30am – 12:30pm

**Session II**

Date: ..... July 7th – July 11th  
Time: ..... 5:00pm – 6:00pm

**Session III**

Dates: ..... July 21st – July 25th  
Time: ..... 11:30am – 12:30pm

**Session IV**

Dates: ..... August 4th – August 8th  
Time: ..... 5:00pm – 6:00pm

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



### WINDING TRAILS SAILING

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

**Session I**

Dates: ..... June 23rd – July 4th  
Time: ..... 5:00pm – 6:30pm

**Session II**

Dates: ..... July 7th – July 18th  
Time: ..... 11:00am – 12:30pm

**Session III**

Dates: ..... July 21st – August 1st  
Time: ..... 5:00pm – 6:30pm

**Session IV**

Dates: ..... August 4th – August 15th  
Time: ..... 11:00am – 12:30pm  
Ages: ..... 8 and up (must be a level 4 swimmer)  
Where: ..... Dunning Lake Boat House  
Fee: ..... \$85.00  
Minimum: 4 ..... Maximum: 16



## American Red Cross

### AMERICAN RED CROSS LIFEGUARDING INFORMATION SESSION

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

Date: ..... Wednesday, July 23rd  
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 9 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 first day, participants must be able to swim 350 yards continuously using only front crawl with rhythmic breathing and breaststroke; stop tread water for 2 minutes using legs only; then swim 200 more yards. Swim 20 yards pick up brick and swim back with brick within 1 minute and 49 seconds; and swim 15 yards submerged and retrieve three rings (5 yards apart). This will be assessed on the first day of in person class. *Registration will open on May 1st for all sessions.*

**Session I**

Dates: ..... Monday – Friday, June 16th – June 27th

**Session II**

Dates: ..... Monday – Friday, July 28th to August 8th  
Time: ..... 4:00pm – 8:00pm  
Ages: ..... Must be at least 15 years old by end of class.  
Where: ..... Dunning Lake Boathouse  
Fee: ..... \$300.00  
Member Discount Fee: ..... \$250.00  
Minimum: 4 ..... Maximum: 10





## BEACH RULES

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

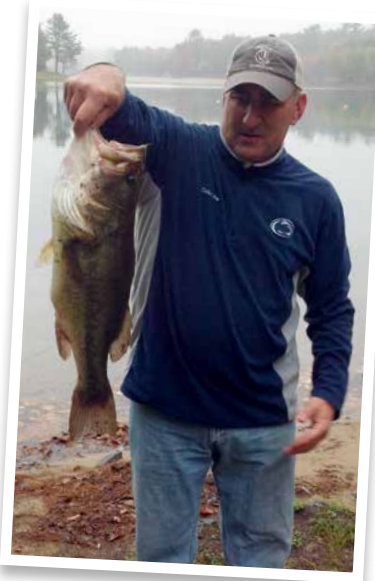
- Please be sure to stick to posted limits on daily catches. Anyone with more than their limit will have his or her fishing privileges revoked. Keep in mind fishing is for all members. Over fishing only hurts all fishermen in the end. Please catch and release.

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

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

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

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



## GENERAL POLICIES

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

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

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

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

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

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

- Members should park in the designated lots and not on the grass. Parking along the road creates visual problems. 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 is filled or if the class has been canceled. 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.

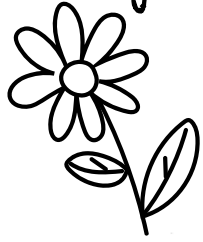
- Once the decision has been made to run a particular program, no refund will be given unless Winding Trails can find a substitute, or there is a medical emergency.

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

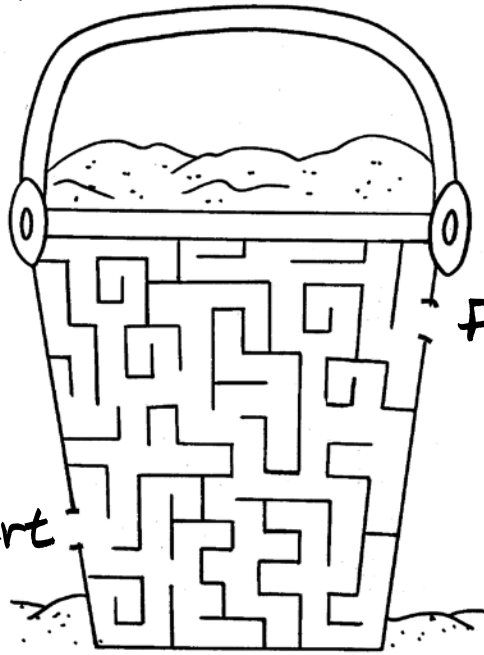
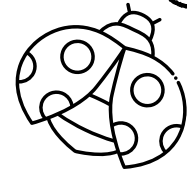
- There will be no cash refunds. Allow two (2) to four (4) weeks to process a refund.

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

# Spring & Summer Rainy

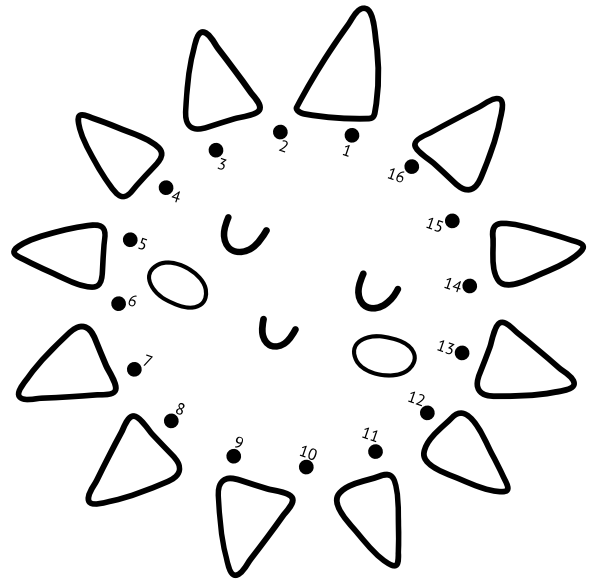


# Day Activities



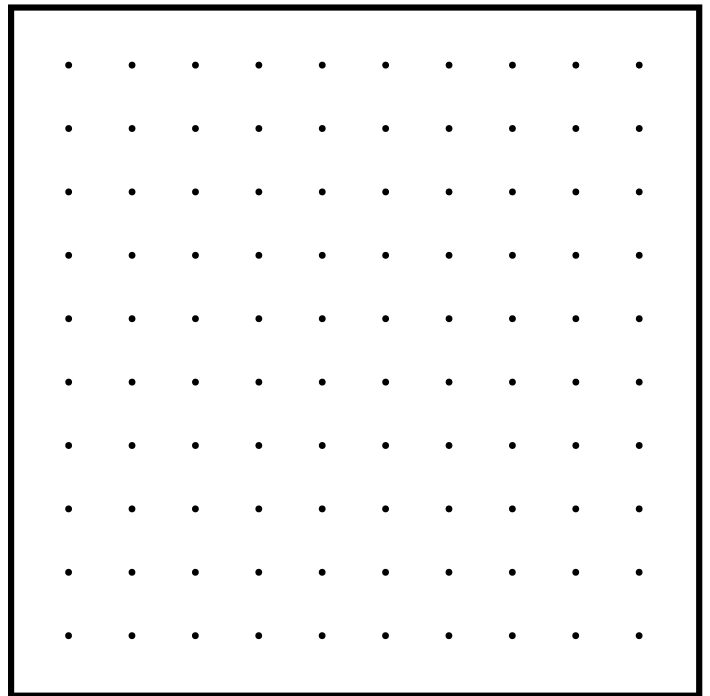
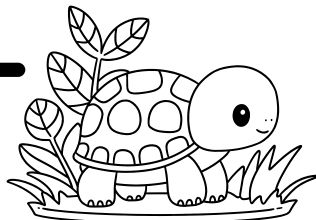
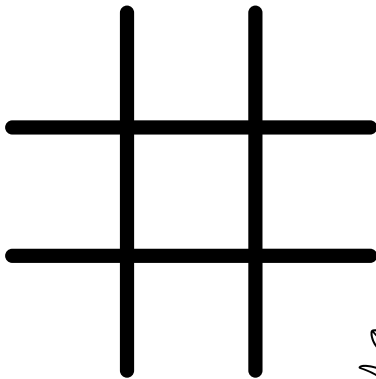
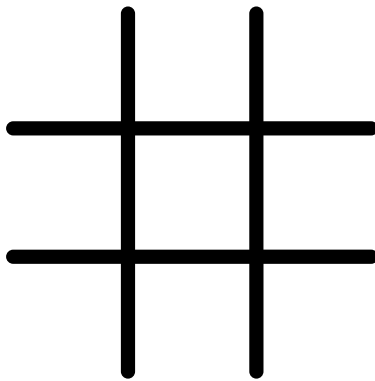
Start

Finish



## Dots & Boxes

Tic Tac Toe!





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

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

**MISSION STATEMENT**

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

# windingtrails.org

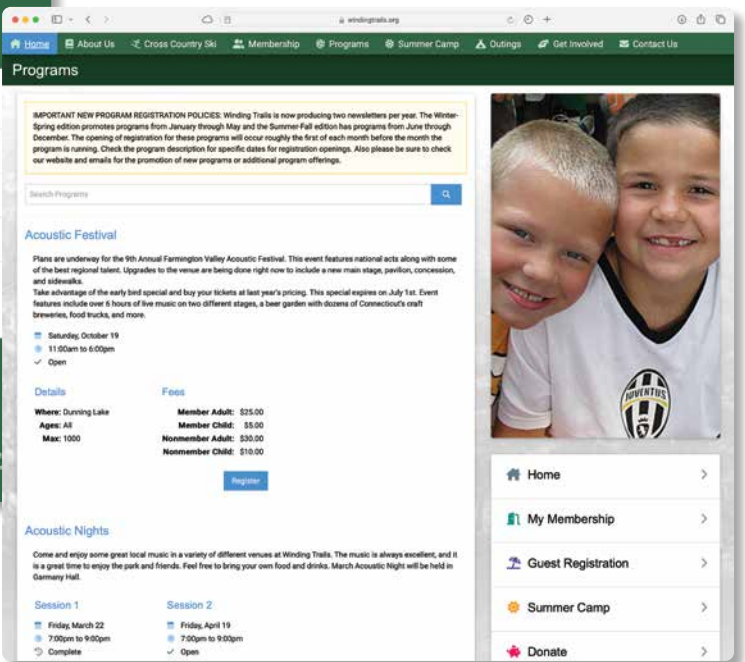
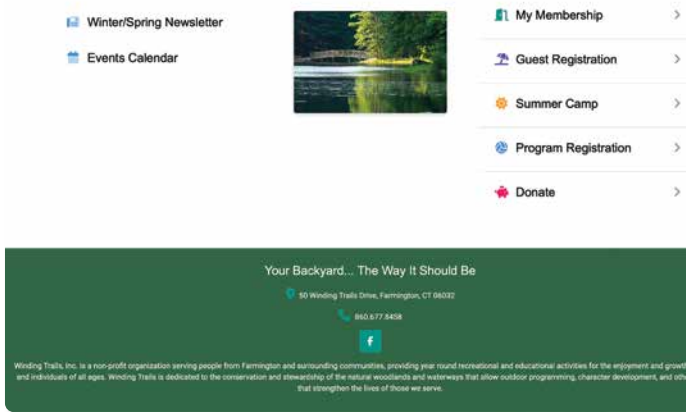
**SURFED OUR WAY LATELY?**

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



**FIND IT ONLINE**

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



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