2015 SUMMER PROGRAMS

ADVENTURE

DAY CAMP

WORKSHOPS
Dear Families,

Our programs provide opportunities for youth to make choices, fail in a safe environment and ultimately experience success—under their own power, on their own terms—so they learn to manage themselves and to sense, empathize and react to others. These skills are critical for developing emotional intelligence and successfully navigating all that life has to offer.

New Heights summer program includes Day Camp, Adventure Trips, and Workshops in Portsmouth and Exeter. Summer activities are available for youth entering 6th grade to those through 12th grade. New Heights staff incorporates research and best practices in youth development into a variety of experiences that are both engaging and challenging.

Our commitment to the community, and the families we serve is that financial need will not be a barrier to participation. All equipment and instruction is provided. **New Heights is proud of our robust scholarship program and you are welcome to apply.**

Best,

Tracey Tucker, MA - Executive Director

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**NEW HEIGHTS - SINCE 1987**

New Heights has been providing experiential learning programs for youth in the greater Seacoast since 1987. Over the years, we have helped literally thousands of 5th through 12 grade youth develop friendships and discover talents and lifelong passions. **We are proud to have shaped generations of community members and leaders.**

Passion, curiosity and reflection happen while actively experiencing life, so we take to the road, to the rivers, to the mountains; we build things, invent things, create things; we talk, laugh, and connect; and most of all, we try new things and experience the world in brand new ways. Using the language, trends and tools of popular culture, our programs provide serious learning in an environment that’s seriously fun.

**NEW HEIGHTS STAFF**

New Heights staff members are highly skilled and educated in outdoor education, psychology, fine arts, education, and youth development. Staff members maintain CPR, defensive driving, and Wilderness First Responder certification and several employees hold Master’s degrees in their given discipline.

Summer staff includes local teachers and college students.

This combination of experience and expertise provides the highest quality programming for all youth involved.

For staff bios, visit NewHeightsOnline.org
Mission

At New Heights, we unleash the individual and collective potential of today’s youth by offering experiential learning opportunities through:

- Exploration of their culture, community and natural environment.
- Expression of their unique talents, ideas, and creativity.
- Engagement in science, technology, arts and outdoor learning.

Vision

As an experiential leadership organization for youth grades 5 through 12, New Heights is focused on the development and leadership of innovative, high quality programs designed to unleash potential and open young minds to new possibilities. We remain constantly aware of the challenges facing youth in contemporary society, and strive to create relevant and engaging programming that will prepare today’s youth to become tomorrow’s inspired citizens.

“Keep doing what you are doing. New Heights is such a valuable resource in our community and we are lucky to have such dedicated and wonderful role models for our kids!”

2014 Summer Parent Survey

How To Register

Register Online
NewHeightsOnline.org

Call Us
(603) 422.8235
Day Camp runs Monday through Friday and trips and activities are designed for youth entering 6th through 8th grade. New Heights maintains a staff to participant ratio of 1:10. This is a great chance for rising 6th graders to meet their middle school peers and make friends before school starts. Day and week passes are available.

**Exeter**

120 Front St. Exeter

7:30 am - 9:00 am  
Early Bird Program

9:00 am - 9:30 am  
Drop Off (Bus Leaves Promptly at 9:30)

10:00 am  
Arrive at New Heights Portsmouth

10:45 am  
Community Meeting

5:00 pm - 5:30 pm  
Arrive for Participant Sign-Out in Exeter

**Portsmouth**

100 Campus Drive, Portsmouth

7:30 am - 10:00 am  
Early Bird Program

10:00 am  
Drop Off

10:15 am & 10:30 am  
Lunch Runs to Cafe @ Community Campus

10:45 am  
Community Meeting

5:00 pm - 5:30 pm  
Participant Sign-Out

**Prices**

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Scholarships and payment plans are available for all programs.

**Day Camp**

Day Camp runs for 9 weeks during the summer. You can register for an entire week or for just one day.

**Early Bird Program**

Early Bird Program is for parents who need an early morning program option. Staff offer a variety of activities including art, board games and sports before the daily schedule starts.
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**Events:**
- **Start of Summer BBQ**
- **End of Summer BBQ**
- **Workshops & Kingston State Park**
- **Workshops & Hampton Beach State Park**
- **Wildlife Encounters & Wallis Sands Rye, NH**
- **Funtown Splashtown USA**
- **Canobie Lake Park**

**Dates:**
- **Monday, Tuesday, Wednesday, Thursday, Friday**

**Locations:**
- **Great Island Commons New Castle, NH**
- **Bowling & Wallis Sands Rye, NH**
- **Short Sands Beach York, ME**
- **Ellacoya State Park Gilford, NH**
- **New Heights Carnival & Wallis Sands Rye, NH**
- **Canobie Lake Park Salem, NH**
- **10 am - 6 pm**
NEW! High School Costa Rica Kayak Adventure
This trip is co-led by Sally Gregory, New Heights Adventure Coordinator and Helaine Wemple, PHS Spanish & Service Learning teacher. Helaine has led dozens of trips to this area of Costa Rica. High School students will participate in a service day, paddle on a 3 day kayaking and camping trip in the Gulfo Dulce, practice their Spanish while at home with a local families explore a medicinal plant farm, enjoy exquisite natural beauty, immerse themselves in a rural village, and become part of the community in Puerto Jimenez (on the Osa Peninsula), Costa Rica!

NEW! 2 Day Survival Skills Course
Becoming proficient at building a fire and the ability to build an emergency shelter out of debris are just a couple skills every camper should know. Through fun games in the woods as well as at the beach—and a lot of team work—students will have the opportunity to build a shelter, test how waterproof it is, and build and cook over a fire.

Middle School Whitewater Rafting Trip
Class III and IV rapids await middle school students for a wild ride down the Kennebec River in Maine! The group will load up the van and travel to Maine to the 3 Rivers Rafting Company. After unloading into their cabin, they will do a 1 mile hike to a waterfall, come back to 3 Rivers and play volleyball and have a swim. The second day will be spent rafting and then having a huge feast afterwards. All meals are prepared by the raft company and no experience is necessary.

NEW! Middle School Expedition
This annual expedition is a highlight of our summer and always fills up quickly. For 5 days, participants will team up with 3 instructors to camp, do day hikes, explore waterfalls, swimming holes, and mountain tops. On the final day, the group will take a ride on a chair lift at a local ski area and get to a mountaintop the easy way! No experience is necessary and all camping gear is provided. Participants entering 6th to 8th grade are welcome.

NEW! Middle School Acadia National Park Trip
On this camping trip, participants will kayak with seals and eagles, hear and see “Thunder Hole,” hike exposed cliffs on iron rungs to the “Beehive,” and go to The Great Maine Lumberjack camp to learn log rolling and cross cut sawing, followed by watching the Lumberjack Show. To round out the trip, the group will venture into Bar Harbor for some ice cream and sightseeing.

NEW! High School Cape Cod Surfin’ Safari
The 12th annual 3 day trip to ride the warm(ish) waves in Cape Cod fills up fast! The group will surf, camp, surf, fly kites, surf, eat ice cream, surf, play mini golf...you get the idea! No experience is necessary. This expedition is for high school students, including those entering the 9th grade. New Heights provides the surfboards, wetsuits and all camping gear.

NEW! 3 Day Rock Climbing Course
Participants will climb 3 days in a row at 3 different outdoor climbing sites: Pawtuckaway State Park in Raymond, NH, Den Rock in Andover, MA and Crow Hill in Leominster, MA. No experience is necessary and all gear and instruction are provided. Climbers of all levels will find themselves challenged and developing their skills.

NEW! Adventures in Leadership (12+)
For all those eager to enhance their leadership and adventure skills, this 3 day program is for you! Day one will be spent on the high and low challenge course at Pinnacle in Kensington and then participants will camp on their property that night. The following 2 days will be spent surfing and rock climbing. All activities will have an emphasis on leadership development and peer instruction.

NEW! Extended Trips

Our Adventure Program offers both Day Trips and Extended Trips. Both types of trips are geared for small groups of up to 13 participants. Extended trips include overnight travel with camping, canoeing, surfing, or hiking.

No experience is necessary and all gear and instruction is provided.

For a complete list and description of all day trips visit NewHeightsOnline.org

Scholarships and payment plans are available for all programs. Call us at (603) 422.8235

SCHOLARSHIPS AND PAYMENT PLANS ARE AVAILABLE FOR ALL PROGRAMS

REGISTER AT NEWHEIGHTSONLINE.ORG OR CALL (603) 422.8235
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| 29   | **NEW! Adventures in Leadership 12+**  
       June 29 9:00am overnight through July 1 5:00pm • $160 | **NEW! Dogsledding**  
       9am - 5pm • $100 | **Hike to Lonesome Lake**  
       White Mts  
       8am - 5pm • $55 | **NEW! Blitz Airpark & Swimming**  
       10:00am - 5:00pm • $55 |
| 30   |                          |                          |                          |                         |
| 1    | Horseback Riding, Green Acres Stables  
       10:00am - 5:00pm • $80 |                          |                          |                         |
| 6    | **NEW! Hike the “Falling Waters” to 3 Small Waterfalls, White Mts**  
       8am - 5pm • $55 |                          |                          |                         |
| 7    | High School Cape Cod Surfing Safari  
       Tuesday July 7 - Thursday July 9 9am-5:00pm Daily • $300 |                          |                          |                         |
| 8    |                          |                          |                          |                         |
| 13   | **NEW! 3 Day Rock Climbing Course**  
       Monday July 13 - Wednesday July 15 8am-5pm • $150 |                          |                          |                         |
| 14   |                          |                          |                          |                         |
| 15   |                          |                          |                          |                         |
| 20   | **NEW! Middle School Acadia National Park Trip**  
       Mt Desert Island, ME  
       Monday, July 20 - Wednesday, July 22 • $290 |                          |                          |                         |
| 21   | New Heights Challenge Course, Swim & Ice Cream  
       10am-5pm • $45 |                          |                          |                         |
| 22   |                          |                          |                          |                         |
| 27   |                          |                          |                          |                         |
| 28   | Middle School Expedition  
       Monday July 27 - Friday July 31 • $480 |                          |                          |                         |
| 29   |                          |                          |                          |                         |
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| **JULY** |                          |                          |                          |                         |
| 2   |                          |                          |                          |                         |
| 6    | Attitash Alpine Slide & Alpine Park  
       7:30am - 5:00pm • $80 |                          |                          |                         |
| 7    |                                |                                |                          |                         |
| 8    |                                |                                |                          |                         |
| 13   | **NEW! Hike to Arethusa Falls**  
       White Mts  
       8am - 5pm • $55 |                          |                          |                         |
| 14   | Take Flight Aerial Adventure Course & Zipline, Kittery, ME  
       10am - 5pm • $90 |                          |                          |                         |
| 15   | Boogie Boarding, York, ME  
       10am - 5pm • $40 |                          |                          |                         |
| 20   | **NEW! White Mts Road Trip!**  
       8am-5pm • $70 |                          |                          |                         |
| 21   | Plum Island, MA  
       10am - 5pm • $40 |                          |                          |                         |
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| **AUGUST** |                          |                          |                          |                         |
| 17   | **NEW! Hike Rattlesnake Mountain, White Mts**  
       8am - 5pm • $55 |                          |                          |                         |
| 18   | **NEW! 2 Day Survival Skills Course**  
       10am-5pm Daily • $80 |                          |                          |                         |
| 19   | Surfing (12+)  
       9am-5pm • $50 |                          |                          |                         |
| 20   | Deep Sea Fishing  
       7am - 1pm • $60 |                          |                          |                         |
| 24   | Surfing (12+)  
       10am - 5pm • $50 |                          |                          |                         |
| 25   |                          |                          |                          |                         |
| 26   |                          |                          |                          |                         |
| 27   | Monkey Trunks Adventure Ropes Course  
       10am-5pm • $90 |                          |                          |                         |
| 28   | Rock Climbing at Pawtuckaway, NH  
       8am - 5pm • $50 |                          |                          |                         |
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Workshops run every week during the summer and introduce participants to a variety of Arts & Culture, Cooking and STEM activities. Groups are small with up to 10 participants. All equipment and instruction is provided.

Scholarships and payment plans are available for all programs. Call us at (603) 422.8235.

Learn to Code (Introduction to HTML and CSS)
WHEN: July 27-31 • 9am - 12pm
LOCATION: Portsmouth
COST: $100

All webpages are written in a language called HTML. The easiest way to think about it is as a frame that gives websites their basic structure. We will be learning basic HTML to incorporate all building blocks of a website. These are some of the first building blocks in learning the basics of computer coding. Along with HTML, we will be learning the basics of CSS which you can think of as the skin over the frame of HTML. Students will leave with a working knowledge and understanding of the basic syntax of both languages. If time permits, we will move on to building our own webpages or begin on learning JAVA script.

Mean Cuisine
WHEN: July 6-10 • 9am - 12pm
LOCATION: Portsmouth
COST: $150

Mean Cuisine is a unique opportunity for students to work alongside some of the Seacoast’s finest chefs. Using secret recipes and fresh ingredients that our guest chefs provide, participants will help create a different meal each day while learning about kitchen safety, nutrition and how to prepare fun, easy and delicious meals right at home!

MAD circus SKILLZ
WHEN: July 13-17 • 9am - 12pm
LOCATION: Portsmouth
COST: $100

NOW is your chance to run away and join the Circus! Explore the world of the street performer, busker and circus artist. Learn to walk and dance on stilts. Make a performance grade hula-hoop (that you can keep) and learn some hooping tricks (like hooping on stilts), make practice poi and learn some basic swings, and try the modern day, outdoor enthusiast’s tightrope: the slackline!

LEGO Robotics Boot Camp - Portsmouth
WHEN: July 20, 21, & 22 • 2pm - 5pm
LOCATION: Portsmouth
COST: $100

Learn how to build and program LEGO robotics with the LEGO EV3 Robotics Kits. These kits are the same ones we use for our FIRST LEGO League Robotics Teams in the fall. This workshop will give you a jumpstart on learning all about them. No experience necessary.

Scholarships and Payment Plans are available for all programs. Register at Newheightsonline.org or call (603) 422.8235.
Create A Live Action Role-Playing Game
WHEN: July 20-23 • 9am - 12pm; July 24 • 1pm - 5:30pm
Performance on Friday July 24th from 5:30-6:30pm
LOCATION: Portsmouth
COST: $150

During this week-long workshop, participants will create and perform a script for a live action role playing game. You will be challenged to work as a team to write a script full of interesting characters and head scratching puzzles. Then you will create a series of basic sets, props, and special effects that will allow people to experience your script in an interactive way. The workshop culminates in an interactive performance on Friday evening. Parents and family members are invited to become part of the game and try to solve the mystery we have created.

Mean Cuisine
WHEN: August 3-7 • 9am - 12pm
LOCATION: Exeter
COST: $150

Mean Cuisine is a unique opportunity for students to work alongside some of the Seacoast’s finest chefs. Using secret recipes and fresh ingredients that our guest chefs provide, participants will help create a different meal each day while learning about kitchen safety, nutrition and how to prepare fun, easy and delicious meals right at home!

3 Day 3D Printing & Design Workshop
WHEN: August 10-12 • 9am - 12pm
LOCATION: Portsmouth
COST: $100

3D printing has been around for a while but it’s just recently that it has become a household phrase. Explore the history of 3D printers and their current applications, learn how to create basic 3D models, and take home some 3D printed objects.

LEGO Robotics Boot Camp - Exeter
WHEN: August 13-14 • 9am - 12pm
LOCATION: Exeter
COST: $100

Learn how to build and program LEGO robotics with the LEGO EV3 Robotics Kits. These kits are the same ones we use for our FIRST LEGO League Robotics Teams in the fall. No experience necessary. Please bring your own lunch each day.

CRIBS: Art Studio Style
WHEN: August 17-21 • 9am - 12pm
LOCATION: Portsmouth
COST: $100

Travel around the Seacoast to get a “behind the scenes” look at where some of the most amazing artists do their magic. We’ll not only see where they work, but see them in action and even join in on some mini-projects designed just for you. Great way to inspire the aspiring artist!

“I learned how to problem solve. You have to think outside of the box to solve the diverse problems that you are confronted with while trying to create anything.”

Maeve 8th grade, Fall 2014
New Heights is proud of the experiential learning programs we offer, and we work hard to make them accessible to participants and their families. Payment Plans can be arranged through the New Heights office by calling 603-422-8235. Payment Plans incorporate firm deadlines and will not be finalized until all paperwork has been completed.

Participants may apply for additional financial assistance through our Scholarship program. Scholarships are awarded to participants and their families individually and the amounts are based on demonstrated need.

Please note: Those applying for Scholarships must request that an application be added to their online account. The Application asks for description(s) of your current financial situation. Applicants may be asked for additional proof of current household income. Scholarship funding is reserved for participants who are in good financial standing with this organization.

‘The trip to Utah we took last year changed my life for the better. It gave me friendships, connections, and helped me become a better person. The skills that New Heights teaches makes our schools, the community, and world as a whole; a more comforting, hopeful place to live in. Without the scholarship from New Heights I would not have been able to go. Thank you. ’

Danny High School Junior, Fall 2014

Questions Call (603) 422.8235
### New Heights Funders

#### Major Funders
- Foundation for Seacoast Health
- NH Charitable Foundation
- Unitil Corporation
- Thomas W. Haas Foundation of NH Charitable Foundation
- Dan & Blythe Brown Foundation of NH Charitable Foundation
- Exeter Area New Car Dealers Association
- Exeter Hospital
- Highland Hardwoods
- LLH/LHM Foundation
- William Penn Foundation

#### Program Funders
- Acorn Alcinda Foundation
- Agnes M. Lindsay Foundation
- Bauman Family Foundation
- Black Dog Divers, Inc.
- Bob’s Clam Hut
- City of Portsmouth
- Dan & Linda Jones Fund of NH Charitable Foundation
- Daystar
- Exeter Area GFWC
- Exeter Community Fund of NH Charitable Foundation
- Flatbread Company
- Geoffrey Clark & Martha Fuller Clark Fund of NH Charitable Foundation
- Granite Springs Foundation
- Granite State Development Corporation
- Harmon Foundation
- Jeremy Alex Fund
- John and Lelia Lamson Fund of NH Charitable Foundation
- Ken & Rona Purdy Foundation
- LizFit
- MacDonald Family Foundation
- Newburyport Five Cent Savings Bank
- Portsmouth Regional Hospital
- Provident Community Foundation
- Robert J. Jenny Memorial Fund
- Robert’s Maine Grill
- Rotary Club of Exeter
- Seacoast Rotary
- Seacoast Ultimate
- STREM Chemicals, Inc.
- The Fuller Foundation
- Towns of Brentwood, Exeter, Stratham, and Kittery, ME
- United Way of Massachusetts’s Bay & Merrimack Valley
- Whole Life Health Care

#### 5th Annual St. Paddy’s Road Race
- Paddy’s American Grille
- Kennebunk Savings Bank
- Newport Donuts, Inc. Dunkin Donuts
- Two International Group, LLC
- Abilities Rehabilitation Center
- DataRisk, LLC
- Exeter Hospital
- Optima Bank and Trust
- Prime Buchholtz
- Whole Life Health Care
- Access Sports Medicine and Orthopedics
- Anne Holiday, CPA, PLLC
- Bottomline Technologies
- CGI Business Solutions
- Kumon of Portsmouth
- Newmarket International
- Portsmouth Orthodontics
- Stewart Titte
- Underwood Engineers

#### 9th Annual Golf Tournament
- Ocean Properties, Ltd
- Dauphin Law
- Direct Capital Corporation
- Ellis Insurance Agency
- Fishnet Media
- Mortgage Masters, Inc.
- AirZone
- Bigelow & Co., CPAs
- Keane & Macdonald, PC
- Kennebunk Savings Bank
- New Hampshire Distributors, Inc.
- Piscataqua Savings Bank
- Sprague Energy
- Nadeau’s Subs
- Performance Food Group
- Wells Fargo - Michael A. Bryan Sr. Financial Advisor
- Steele Street Capital
- Ian Frederick, Financial Advisor with MassMutual of No. NE

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**New Heights**

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