

# **TRAIL TREKKERS**

## **PARENT MANUAL**



**Monday – Thursday  
(No Fridays)**

**Program Hours  
8:30 a.m. - 4:30 p.m.**

**Held at Kate Wickham Elementary (Gym)**

Coralville Parks & Recreation Department  
1506 8th Street  
Coralville, IA 52241



## **What is Trail Trekkers?**

Trail Trekkers is for kids entering 6<sup>th</sup> to kids entering 9<sup>th</sup> grade, these participants are required to have a working bike along with a helmet for their travels in the Coralville and Iowa City area. Most mornings will be spent on community service learning projects and learning/self-development opportunities. The afternoons are spent swimming, exploring and going on local and out of town field trips.

The staff will facilitate, while the participants are actively involved with the planning of the program's weekly development. Each week consists of new activities and adventures along with weekly field trips. This is a great opportunity to give back to the community while making and meeting new friends. Trekkers average about 5 to 10 miles a day on their bikes, this program is recommended for kids that are strong bike riders.

### **Community service learning projects & learning self-development over the years**

- Letters to the Military
- Kirkwood Regional Center
- North West Junior High
- Stem Education Tour U of Iowa
- IA Children's Museum
- Trail Clean Up
- Gardening
- Washing Police Cars
- Lantern Park Nursing & Rehab Center
- National Advance Driving Simulator

## What Parents Need To Know

**Kate Wickham Elementary:** Trail Trekkers will meet in the gym of Kate Wickham Elementary. (**Address: 601 Oakdale Blvd, Coralville, Ia 52241**) There is a bike rack near the side of the gym where your child(ren) can park their bike.

**Trail Trekkers Cell Phone:** 319-621-8632

**Weekly Agenda's:** Each week you will receive the Trail Trekkers agenda by email. An email distribution list will be set up and will be sent blind carbon copy to all families.

**Field Trips:** All field trips will be on Tuesdays, unless otherwise noted on registration form.

**Non-Resident Fees:** apply to those families not residing in the Coralville city limits.

**Cancellation Fees:** You are allowed to transfer weeks, as long as there are openings with no penalty. A \$25 cancellation fee will be assessed per child, per week if a cancellation is made. We require a one-week notice for a cancellation.

**DHS/Scholarship:** Sorry, no funding available and we do not offer scholarships for this program.

Parents of children with special needs or needing special arrangements such as medication or behavior plans should make arrangements to meet with Recreation Program Supervisor, ***a minimum of 2 weeks prior*** to your child's start date.

## What to Bring Everyday

**Back Pack:** All participants will need to have a back pack to put all of their personal belongs in.

**Lunch:** Lunches are not refrigerated so pack accordingly.

**Water Bottle:** Keeps you hydrated through out the day.

**Label:** Please label all personal items such as water bottles, towels, sunscreen, electronics, etc....

**Swimming:** Bring swimsuit/trunks to change into even if you are not swimming so you don't get your clothes wet.

**Extra Clothes:** Some of the learning service projects will be messy and dirty. Please pack according to the week's agenda.

**Shoes:** Closed toed shoes are required. Open toed sandals or flip flops are not allowed.

**Sunscreen:** A majority of our time is spent outside, please make sure your child(ren) bring 30 SPF or higher sun block.

**Padlock:** With all of the traveling done in the Coralville / Iowa City area it is highly suggested to get a padlock to lock up your bike.

**Money:** It is at your own discretion. There may be days where participants can stop and pick up a snack or drink at a convenience store.