

Rippleeffect Summer Programs: A Maine Adventure

Rippleeffect is an innovative, community-based nonprofit organization which utilizes experiential education to empower Maine youth and help them to become responsible stewards of themselves, their environment, and their community. Our mission is to promote positive youth development through learning adventures in living classrooms.

We offer two summer programs for young people, ages 9 to 19. Both are built on sea kayaking adventures. Appropriate for both beginning and experienced kayakers, these programs teach not only the technical skills needed to kayak in the Atlantic, but also cultivate environmental responsibility, team-building, leadership, self-awareness, and confidence.

Guides and Mentors

Rippleeffect's well-trained staff act as guides in many capacities, both on and off the water, imparting lessons in fortitude and tenacity in ways that a classroom can rarely teach. All Rippleeffect guides receive technical training in sea kayaking, wilderness medicine, and risk management, and many are professional educators during the school year. We provide a 2:7 staff to student ratio for both educational and safety reasons

Registration

To enroll your child, please: call **207.791.7870**, email programs@rippleeffect.net or find materials online at www.rippleeffect.net.

Please note, Rippleeffect programs are restricted to Maine residents. For more information, contact: jforgit@maine.rr.com

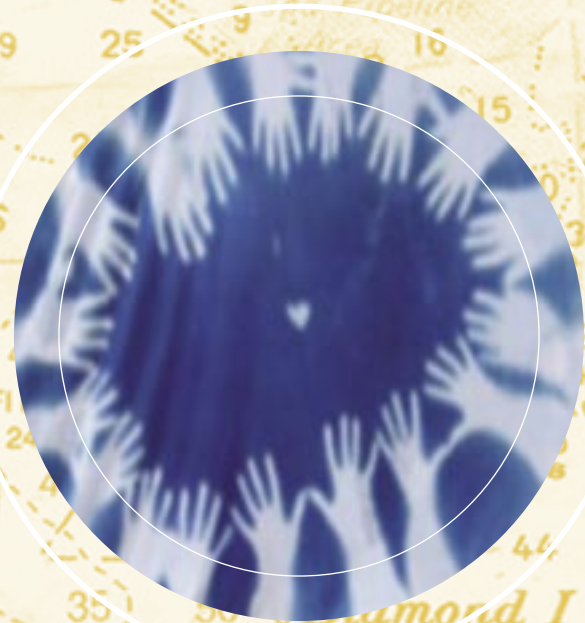
Rippleeffect
P.O. Box 441
Portland, Maine 04112

What defines Rippleeffect?

*A life without risk
is no life at all.*

*We explore the
challenge
of finding balance
in this life with
our students,
and help them
connect with the
fervor and passion
that makes this
reality a magical
experience.*

Aaron Frederick
Executive Director



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learning
adventures.
living
classrooms.

Rippleeffect



Portland Waterfront
For ages 9 to 12
Cow Island
For ages 13 to 19



Portland Waterfront Programs For Ages 9 to 12

Aucocisco Paddlers

Now in its fourth year, this day program is offered in Introductory and Alumni sessions throughout the summer.

From 9:00 a.m. to 4:00 p.m., Monday through Friday, our young paddlers explore the fundamentals of sea kayaking, investigate the marine habitat, and tackle the challenges of our Ropes Course. In pods of seven, students will paddle the lakes, rivers, and marine waters of the Maine coast in day trips, building confidence, making new friends, and enjoying the Maine outdoors.

Intrepid Paddlers

Pre-requisite - completion of at least two weeks of Rippleffect programs.

For our committed alumni students, who have visited many of the inner islands of the Bay, we offer this expanded curriculum. Students will focus on more advanced paddling technique; wind, weather, and navigation skills; and adventures in ecosystem and conservation management through stewardship projects. From Mackworth Island, students will paddle to Cow Island each day, and may spend up to two overnights on Cow Island (group dependent) each week.



Cow Island Programs For Ages 13 to 19

All Cow Island Programs, will include four overnights this year, beginning at 8:00 a.m. on Monday through 5:00 p.m. on Friday. Camping platforms and tents are provided for overnights. Food is provided throughout the week, with students helping to prepare wholesome meals under the supervision of the Cow Island cook.

Cow Island Immersion

The Cow Island Immersion is offered in Introductory and Alumni sessions, and is based on Rippleffect's 26-acre island in the heart of Casco Bay. Students engage in sea kayaking, climbing, ropes courses, and service learning projects in wilderness adventures aimed at broadening their knowledge of the marine environment, encouraging healthy risk-taking, and developing their capacity to act as leaders within their peer groups and communities. Students are encouraged to reflect on their experiences throughout the week through journals, improv theater, videography, group meetings, and yoga. Alumni sessions will build on introductory skills and allow students to develop group projects that match their interests.

Casco Bay 5 Day Expedition

Pre-requisite - completion of two weeks of Cow Island programming.

The Casco Bay five day Expedition will help students prepare themselves to be confident, knowledgeable, and safe in their outdoor learning adventures. The course focuses on refining paddle technique and navigation, back country camping and cooking, basic first aid and emergency protocol, Leave No Trace ethics, and on water communication. On the first day, students will help design the itinerary for their expedition exploring the outermost islands of Casco Bay. They will plan their own meals and pack all their own belongings into sea kayaks. They will return to Cow Island on Friday for an afternoon celebration before making the trip back to Portland.

Maine Coast Expedition

The experience will give students the chance to paddle the entirety of the Maine coast in four 10 day expeditions or divide the trip over a few summers. Students should be at least 15 years of age, and feel very confident in their sea kayaking skills. The course focuses on refining skill sets in paddle technique and navigation, back country camping and cooking, basic first aid and emergency protocol, Leave No Trace back country ethics, and on the water communications. Students will prepare their own back country meals and engage in service projects in island communities, and will come away with a new awareness of the unique ecosystem known as the Gulf of Maine.

- Leg 1: Casco Bay to Sheepscot Bay Summer 2007
- Leg 2: Sheepscot Bay to Penobscot Bay Summer 2006
- Leg 3: Penobscot Bay to Frenchman Bay Summer 2006
- Leg 4: Schoodic Point to Machias Bay Summer 2007

At the completion of the entire coast of Maine paddle, all students will receive the coveted Black Paddle Award.

Cow Island Specialty Programs

Specialty Programs for ages 13 to 19

Rippleffect offers Specialty Programs that engage students in a variety of amazing activities! For this year's list of Rippleffect Specialty Programs, visit our web site at www.rippleffect.net.

Fort Lyons Adult Programs for ages 21+

By popular demand, Rippleffect now offers programs for families, corporate groups and camps on Cow Island in Casco Bay. Our capacity is up to 24 participants for overnight programs and up to 60 for day programs. Finally, adults can enjoy the same learning adventures in an eco spa retreat setting.



Challenge Course, Astronomy, Navigation, Leadership, Improv Theatre, Sea Kayaking, Yoga, Poetry, Expedition Behavior, Organic Gardening, Ecosystem Studies, Stewardship, Journaling, Back country Cuisine, Habitat Exploration, Drumming, Forestry, Video, Regional history