**River’s Way 2024 Summer Programs**

River’s Way summer programs provide a great opportunity for young people with differing abilities, ages 14 and up, to be immersed in the community and to be physically active while enjoying the company of good friends. We have a variety of programs and participants can choose those that best fit their needs. Activities include gardening, walking, fitness programs at the YMCA of Bristol and time spent at Theatre Bristol. We adapt programs to the needs and abilities of all participants, with physical activity and fun being at the core of most everything that we do.

Summer 2024 programs start on Monday, June 3rd, and run through Friday, August 2nd (a total of nine weeks). Programs run from 8:00 am- 4:00 pm. Participants can attend all or part of a day’s program. Those who require 1:1 assistance should have an attendant.

Registration is required for all summer participants. To register electronically, click on the “Register” button below. We also require a signed Program Release Form and Health Information Form for each participant. These forms can be emailed or mailed back using the addresses listed below.

[**REGISTER**](https://riversway.dm.networkforgood.com/forms/summer-program-2022)

**Program Release**

**Health Information Form**

Mailing Address:  River’s Way, 1227 Volunteer Parkway, Ste. 520, Bristol TN 37620

Email:  Tom@riversway.org  –or–  Matt@riversway.org

If you have questions regarding summer programming, please contact Tom Hanlon (tom@riversway.org) or Matt Kyle (matt@riversway.org).

**Additional Program Details**

* **We will meet at the YMCA of Bristol at 8:00 am Monday- Friday during the summer. Pick up time is 4:00 pm at the YMCA with the exception of Fridays when pick up time is 1:00 pm at the YMCA.**
* **All participants of afternoon programs must have YMCA memberships. The YMCA will provide some financial assistance based on income levels. Memberships are obtained through the front office at the YMCA.**
* **Participants should bring a water bottle, a snack and a packed lunch. We highly recommend sun block and hats as we will be outside while gardening and with some of our walking programs.**
* **Our program days are divided into two parts:**
	+ **Mornings are spent in the community with the primary activities being gardening and walking. (8 participant limit)**

**Afternoons are spent at the YMCA of Bristol with the primary activities being weightlifting, yoga and cardio exercises. (15 participant limit)**

**Summer 2024 - Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 7:45-8:00am | Meet at YMCA | Meet at YMCA | Meet at YMCA | Meet at YMCA | Meet at YMCA |
| 8:15-9:30 | Gardening | Gardening | Gardening | Gardening | Camp Friendship |
|  | Travel time and restroom break | Travel time and restroom break | Travel time and restroom break | Travel time and restroom break | Camp Friendship |
| 10:00 | YWCA Tech Gyrls Walking | Boys and Girls Club Walking | Girls Inc. Walking | Theatre Bristol | Camp Friendship |
| 11:00 | YWCA Tech Gyrls Walking | Boys and Girls Club Walking | Girls Inc. Walking | Theatre Bristol | Camp Friendship |
| 12:00pm | Lunch at YMCA | Lunch at YMCA | Lunch at YMCA | Lunch at YMCA | Camp Friendship |
| 1:00-2:00 | YMCA - Weights | YMCA - Weights | YMCA - Weights | YMCA - Weights |  |
| 2:00-3:00 | YMCA - Yoga | YMCA - Yoga | YMCA - Yoga | YMCA - Yoga |  |
| 3:00-4:00 | YMCA - Walking | YMCA - Walking | YMCA - Walking | YMCA - Walking |  |
| 4:00 |  |  |  |  |  |

\*\*\*8am-4pm M-Th.

\*\*\*8am-12 on Fridays

\*\*\*June 3rd - August 2nd (9 weeks)

\*\*\*July 4th and 5th OFF for Holiday

\*\*YWCA Tech Gyrls only in June

\*\*Viking Hall and City Church as backup plans or inclement weather walking