

Kids Outdoors!



March / April 2016
Calendar and Newsletter

Rye YMCA

21 Locust Avenue, Rye
914-967-6363
www.ryeymca.org

The Rye YMCA is a family oriented community service organization which welcomes all people and promotes positive values through programs that build spirit, mind and body.

Sunday, April 24
28th Annual
Rye Derby and Healthy Kids Day

Race registration: 8 a.m.
1st Race: 10:15 a.m.
2nd Race (1-mile Family Fun Run): 12:15 p.m.
Healthy Kids Day: 10:30 a.m.—1:00 p.m.

Join the Rye Y for the 28th Annual Rye Derby Road Race, our most popular family fundraiser. Now an institution in Rye, the Derby is a signature community event that benefits the Y's programs for children and teens. There are three road races: a 5-mile, 5K and 1-mile family run, as well as free Healthy Kids Day activities and free food in the Rye Y parking lot. Contact Margaret Mead (margaret@ryeymca.org) for registration details, or check the Rye Y website in April.



Summer Camp Registration is Open!

From Kinder Camp to Teen Fitness, Sports to Fine Arts, the Rye Y has an exciting summer experience for children ages 3-15. Children will learn new skills, make friends and grow in confidence as they enjoy a range of indoor and outdoor adventures. New this year: STEAM Camp! (Science, Technology, Engineering, Arts and Math.)

Working parents can take advantage of morning or afternoon extended care. Financial assistance is available. For more information, visit www.ryeycamp.org or call 967-6363.

A NOTE TO OUR READERS

Dear Friends,

This is the last edition of the Kids Outdoors! calendar and newsletter produced by the Rye YMCA. I am grateful to the organizations and individuals that have contributed to this publication over the years. Thanks to their dedication and hard work, our children will know the sound of the wind through the woods, the texture of a turtle's shell, or the briny smell of sound waters. As winter slips into spring, go outdoors. Get wet and messy. Climb on rocks. Listen to the returning birds. Don't let weather stop you. Children and nature belong together.

All the best, Denise

P.S. If anyone would like to take over producing the Kids Outdoors! calendar and newsletter, I would be happy to meet with you to help with the transition. Contact me at denise@ryeymca.org.

Edith Read Sanctuary

Playland Parkway, Rye
914-967-8720
friendsofreadwildlifesanctuary.org

Edith G. Read Wildlife Sanctuary is a 179-acre Westchester County park on Long Island Sound adjacent to Playland Amusement Park. There is a nature center and trails through the forest and meadows adjacent to the Long Island Sound shoreline and Manursing Lake.

Saturday, March 5 **Nature Photography Skills Part III**

10:00 a.m.

Learn to take better wildlife photos in this three-part series. Learn how to use features on your camera, and develop the skills needed to capture images of animals in motion. Presented by nature photographer Marcus Robertson.

Saturday, March 12 **Volunteer Corps Workday**

10:00 a.m.

Join us at the sanctuary to help with invasive plant removal, trail work, beach clean-up, and more.

Saturday, March 19 **Build a Beneficial Bug Hotel for your Garden**

1:00 p.m.

The wildflowers and gardens around your home need a variety of insects in order to be productive and healthy. Support them by making these simple accommodations for your garden guests to take up residence.

Saturday, March 26 **The Wonder of Seeds**

1:00 p.m.

Indoor seed starting program. Plant some seeds and watch them grow at home. How to care for and transplant them at the right moment. Learn about the nature of how seeds work. Ages 6 and up.

Saturday, April 2 **Gardening on the Rocks!**

1:00 p.m.

Even if your backyard is mostly a pile of rocks, you can still enjoy gardening. Learn how to turn a rocky area into a beautiful garden using plants that thrive in this type of habitat.

Saturday, April 9 **Wildlife Rehabilitation: Caring for Injured and Orphaned Wildlife**

10 a.m.

Springtime is baby animal time! Talk with a NY State Licensed Wildlife Rehabilitator and find out what it takes to care for injured or baby animals. Learn what to do and what not to do if you encounter wildlife in need of help. (Note: this is not a live animal program.)



Edith Read Sanctuary (Cont.)

Saturday, April 16 Orienteering Program

1:00 p.m.

Learn to use a compass to find your way on the landscape. This guided program includes checklist and questions along each planned route. For children and youth.

Saturday, April 23 Annual "Pitch-In for Parks" Volunteer Workday

10:00 a.m.

It's spring clean up time at the sanctuary, and all our volunteers are needed as we "spring" into action! A great way to have fun, get some exercise, and be out in nature.

Sheldrake Environmental Center

685 Weaver Street, Larchmont
914-834-1443
www.sheldrakecenter.org

Sheldrake Environmental Center is a vibrant environmental resource for the communities of Larchmont, Mamaroneck, New Rochelle and Scarsdale. Close to the Larchmont Reservoir Conservancy, a 60-acre oasis of land and water, Sheldrake provides the perfect setting for environmental education and outdoor enjoyment. The hiking trails at the Conservancy are open daily from dawn to dusk. The center is open for classes, art shows and other events. The office is open weekdays, except for holidays, from 9:30am-5pm, but it's best to call before coming.

Monday, March 21– Friday, March 25 Spring Break Camp

9:30 a.m.—12:30 p.m.

Winter is finally over! While the kids are off from school, they can hit the trails and look for signs of mammals, early insects and returning birds. They can also enjoy nature-themed story time, do crafts and play games. For children ages 3-5. For more info or to register, contact Amy at 834-1443 or scheduling@sheldrakecenter.org.
\$270 members, \$300 non-members

Interested in a drop-off or mommy & me group program for your child and friends?

We'd love to talk to you to make arrangements for a program to fit your needs! Let us know! Contact Amy at 834-1443 or at scheduling@sheldrakecenter.org.

Girl Scout Workshops

Sheldrake can be a resource for nature and environmental activities for scouts with programs designed to meet the requirements to earn their badges; \$8/scout, \$80 minimum. For more info, contact Jenny Geer at 834-1443 or at jgeer@sheldrakecenter.org.



Friday,
April 22
is Earth
Day!



"Unless
someone
like you
cares a
whole
awful lot,
nothing is
going to
get better.
It's not."

- Dr.
Seuss

Rye Nature Center

873 Boston Post Road, Rye
914-967-5150
<http://www.ryenaturecenter.org>

The Rye Nature Center is located on 47 acres of wildlife preserve with over two miles of hiking trails, ponds, streams and granite outcroppings. Hours: Visitor Center and Office: Monday – Saturday, 10 a.m. - 4 p.m. Grounds are open daily from dawn till dusk.

Saturday, March 5

9:15 a.m.

Daddy & Me Animal Show

Fathers can drop in with their kids for this fun-filled animal adventure. Suggested for ages 3 to 6. \$10/family members, \$15/family non-members.

Saturday, March 12

9:30 a.m.

Garden Planning 101

Whether you are starting from scratch, looking to add something new or are just curious, we can help you plan your vegetables, perennials, and wildlife garden. Suggested for ages 10 and up. \$7/family members, \$10/family non-members.

Saturday, March 12

3:30 p.m.

Ecology Club for Families with Special Needs

Children with special needs are invited to bring a family member with them to the Nature Center and enjoy animal programs, hikes, and other fun science and sensory adventures. For more information about this program, email marygillick@ryenaturecenter.org. There is no fee for this program but pre-registration is required by the Friday before.

Saturday, March 19

9:30 a.m.

Spring Equinox Walk & Bulb Planting

Join an FRNC naturalist as we explore the forest and look for signs of spring's arrival. End with a chance to plant your own bulb to bring home and watch grow! Suggested for ages 5 and up. \$8/person members, \$10/person non-members.

Saturday, April 2

9:15 a.m.

Daddy & Me Animal Show

Fathers can drop in with their kids for this fun-filled animal adventure. Suggested for ages 3 to 6. \$10/family members, \$15/family non-members.

Saturday, April 9

9:30 a.m.

Exceptional Eggs

Join the RNC staff for a spring program about animals whose young are born from eggs, including the reptiles. We will also do a special egg-coloring craft to make unusual designs with food coloring and hardboiled eggs. Please inform us of any allergies. Suggested for ages 3 to 6. \$5/person members, \$8/person non-members.

Rye Nature Center (Cont.)

Friday, April 15 **Help the Bees**

10:30 - 11:30 am

Bees are important for so many reasons—from pollinating the flowers in our yard to their honey and wax. We'll learn how to help our fuzzy, flying friends and observe some of the native bees in our area. This is an adult only class. \$30/session plus materials. Pre-registration by Monday before class required. Email: courtneyturner@ryenaturecenter.org to register.



Saturday, April 16 **Ecology Club for Families with Special Needs**

9:30 a.m.

Children with special needs are invited to bring a family member with them to the Nature Center and enjoy animal programs, hikes, and other fun science and sensory adventures. For more information about this program, email marygillick@ryenaturecenter.org. There is no fee for this program but pre-registration is required by the Friday before.

Friday, April 22 **Earth Day Extravaganza**

10:00 a.m. – 12:00 p.m.

Join us for a morning of Earth Day fun. We will host Earth Day crafts, a hike within our local FRNC forest and an animal superhero show! Suggested for ages 3 to 7. \$10/family members, \$15/family non-members.

Saturday, April 23 **Pond Examinations**

9:30 a.m.

Come to the Nature Center and learn about pond animals! We will look at frogs at every stage of their life cycle, and see what other types of pond life we can find. Suggested for ages 5 and up. \$5/person members, \$8/person non-members.

Friday, April 29 **Grow Your Own Mushrooms**

10:30 a.m. - 11:30 a.m.

You can easily grow delicious and nutritious shiitake and oyster mushrooms on your porch or in your backyard. We'll teach you the tips for happy mushroom gardening and set you up with your own to take home. This is an adult only class. \$30/session plus materials. Pre-registration by Monday before class required. Email courtneyturner@ryenaturecenter.org to register.

Saturday, April 30 **Pollinator Power**

9:30 a.m.

Begin with a visit from a few of our resident insects, examine butterfly specimens and learn about the life of a honeybee. Next head out to the local gardens and forest as we search for a few local pollinators. Suggested for ages 5 and up. \$5/person members, \$8/person non-members.

Monday, March 21 – Friday, March 25 **Vacation Camps**

10:00 a.m. – 2:00 p.m.

Pre-school and elementary school students can take a nature break. Bring lunch and spend time learning about nature as the seasons change. For children pre-kindergarten to 5th grade. Children should dress for the weather and bring lunch. Pre-registration required. \$60/child members, \$70/child non-members. Register early as we fill up fast. Themes to be announced.

Natural Resources: Campground Recommendations

North-South Lake, Haines Falls, New York

<http://www.dec.ny.gov/outdoor/24487.html>

Denise Woodin, the Y's Director of Community Impact and Social Responsibility, likes North-South Lake for its wooded campsites, variety of hiking trails (from very easy to more challenging), cleanliness and two scenic lakes, where you can swim or rent a boat for the day.

Nickerson State Park, Brewster, MA (Cape Cod)

<http://www.mass.gov/eea/agencies/dcr/masssparks/region-south/nickerson-state-park.html>

This 1,900-acre mid-Cape campground has it all! Wooded sites, two large ponds for swimming, camp store, family nature programs and bike trails (including the Cape Cod Rail Trail). It is close to both ocean and bay beaches and a short drive from grocery stores, restaurants, a movie theater and quaint towns and fun attractions. You can reserve up to six months in advance; we recommend you do so— this campground is extremely popular and will sell out for summer dates.

Stokes State Forest, Branchville, NJ

<http://www.state.nj.us/dep/parksandforests/parks/stokes.html>

Rye Y Senior Program Director Hillary Southard likes Stokes State Forest for its "dense woods, loads of hiking including a section of the Appalachian Trail, clean campsites and bathrooms, friendly park rangers and maintenance staff." She notes that it feels very safe.

Little River State Park, Waterbury, VT

<http://www.vtstateparks.com/htm/littleriver.htm>

Denise and her daughter arrived at Little River State Park the morning after Hurricane Irene, so they weren't able to use the flooded beaches for swimming or boating. However, they still enjoyed their clean, rustic cabin, the wooded campsite, the friendliness of the staff and nearby attractions, including the Ben and Jerry's Factory.

For more information about New York State Campgrounds, visit:

<http://newyorkstateparks.reserveamerica.com/>

The Rye Y also has copies of the 2012/2013 New York State Campgroup Guide. For a free copy, contact Denise Woodin at 967-6363, ext. 101 or at denise@ryeymca.org

For more information about CT campgrounds, visit: www.ct.gov/deep/camping



Recognizing that unstructured outdoor play is vital to a child's spirit, mind and body, the Rye YMCA has been pleased to produce the Kids Outdoors calendar and newsletter. This e-publication highlights the many outdoor activities going on at nature centers, parks and other venues in the Sound Shore area.

THE Y. SO MUCH MORE™

