



## PowerUp Summer Adventures!

**Try Out: Soccer, Tennis, Karate, Basketball, and Gymnastics**  
with the Stillwater Community Ed Youth Programs:  
[www.stillwater.k12.mn.us/community-education-0/youth-programs](http://www.stillwater.k12.mn.us/community-education-0/youth-programs)

**Discover** Log Rolling, Sailing, Fishing, Climbing, Golfing, Cheering ... and so much more with summer YMCA Day Camps for kids and teens [http://www.ymcatwincities.org/camps/day\\_camp\\_daycroix/](http://www.ymcatwincities.org/camps/day_camp_daycroix/)

### Explore the St. Croix Valley together.

Many great options are right outside your door—all close enough for an outdoor family day!

- **Have A Natural Adventure at Arcola Mills**— Go on a family scavenger hunt, explore the river, or meet a farmer with new PowerUp adventures at Arcola Mills [www.arcolamills.org](http://www.arcolamills.org)
- **Travel along the St. Croix National Scenic River** [www.nps.gov/sacn](http://www.nps.gov/sacn)

### In Minnesota:

- **Visit Lake Elmo, Big Marine or another county park** [www.co.washington.mn.us](http://www.co.washington.mn.us)
- **Discover William O'Brien, Afton or Interstate State Parks & Trails**  
[http://www.dnr.state.mn.us/state\\_parks/starter\\_kit/index.html](http://www.dnr.state.mn.us/state_parks/starter_kit/index.html), plus — be sure to check out:
  - **Get Out! Minnesota- A fun website where kids can learn and find ways to explore State Parks & Trails** [http://files.dnr.state.mn.us/parks\\_trails/kids/site/index.html](http://files.dnr.state.mn.us/parks_trails/kids/site/index.html)
  - **Cool "I CAN" Camps** [http://www.dnr.state.mn.us/state\\_parks/can\\_series.html](http://www.dnr.state.mn.us/state_parks/can_series.html)
  - **Adventures in archery, geocaching, canoeing or kayaking** [www.dnr.state.mn.us/recreation/index.html](http://www.dnr.state.mn.us/recreation/index.html)

### In Wisconsin:

[www.dnr.wi.gov](http://www.dnr.wi.gov)

- **Explore Kinnickinnic, Willow River or Interstate State Park**
- **Try the Wisconsin Explorer Program** with activities, games, hikes, and crafts



**"It is a happy talent to know how to play."**  
- Ralph Waldo Emerson



**powerUP**  
[powerup4kids.org](http://powerup4kids.org)