

**THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION  
PRESS RELEASE**

**For immediate release:**

May 19, 2006

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**HIGH ADVENTURE CAMP FOR TEENS – SPACE AVAILABLE**

**WHEATON, MD** – Montgomery County parks naturalists invite teens ages 14-17 to enjoy an unforgettable experience at Brookside Nature Center's High Adventure Camp from Monday, June 19 to Thursday, June 22, 9 a.m. to 5 p.m.

Four days of outdoor adventures include whitewater tubing, kayaking and whitewater rafting on the Potomac River and a climbing/high ropes course.

“If you’re looking to kickstart the summer for your teens, the High Adventure Camp is for you,” said park naturalist Tina Stachura. “Kids will have a blast as they enjoy nature’s wilderness and physical exercise that challenges their capabilities and stretches their minds.”

Included in the \$300 fee are: all equipment, transportation, professional instruction and guides for each day. To sign up in advance, go to [www.parkpass.org](http://www.parkpass.org) and enter course #11015, or call Brookside Nature Center at 301-946-9071 for more information. Reservations must be made no later than Monday, June 5.

Located in Wheaton Regional Park at 1400 Glenallan Avenue in Wheaton, Maryland, Brookside Nature Center is one of four nature centers owned and operated by The Maryland-National Capital Park and Planning Commission in Montgomery County. In addition to Brookside Nature Center, Wheaton Regional Park offers a wide variety of facilities including the 50-acre Brookside Gardens, a popular adventure playground, a restored antique carousel, miniature train, hiking trails, picnic shelters, conservation areas, softball and lighted baseball fields, a dog park, the Wheaton Ice Arena, the Wheaton Indoor Tennis Center, fishing at Pine Lake and more.

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