

1
DAY

Family Fun

Bounce! Trampoline Sports



DUTCHESS
TOURISM

WWW.DUTCHESSTOURISM.COM

(S) Seasonal attraction or activity
(SE) Open during scheduled events

FAMILY FUN: 1 DAY ITINERARY

A day having fun with family in Dutchess County is a day well spent! Whether you're looking to beat the heat or needing a plan for a rainy day, Dutchess has plenty of great indoor opportunities to play. Forget about work, relax and enjoy, bouncing, learning, skating, climbing or driving.

BOUNCE! TRAMPOLINE SPORTS, POUGHKEEPSIE

Show off your skills to your family on 10,000 sq. ft. of interconnected trampolines. Here you can bounce around while playing slam-dunk basketball, trampoline dodgeball, jumping into foam pits, or you can play on open jump. With a separate Bounce Jr. Zone for children ages 6 and under, it is a great place for family fun. Bounce! will have you and your family laughing and playing like never before.
www.bouncepok.com

MID-HUDSON CHILDREN'S MUSEUM, POUGHKEEPSIE

Families with children ages 0-6 can explore and learn at the Mid-Hudson Children's Museum. Offering hands-on exhibits that get kids moving, exploring, building, pretending, collaborating, creating and discovering, they focus on a variety of subjects. Their exhibits will teach children about nature, science, literacy, art, music and community. Everyone in the family can learn something new while having a blast together! www.mhcm.org

MCCANN ICE ARENA AT THE MID-HUDSON CIVIC CENTER, POUGHKEEPSIE

Whether you are a professional on the ice or have never stepped in the rink before, ice skating is always a fun time! The McCann Ice Arena provides public skating several days during the week. Ice skating is a popular workout, and the ideal activity for family fun and fitness.
www.midhudsonciviccenter.org/public-skating.php#ViEJ5NaFa-I

GRAVITY VAULT, POUGHKEEPSIE

Did you know that there's world class indoor climbing in Poughkeepsie? From party walls with fun shapes to steep boulder problems & bumpy lead routes, there's something fun and challenging for everyone! Staff led programs or open climb times for all ages, ability levels and experience. It's a great way to "rock out" with the kids!
www.gravityvault.com/locations/poughkeepsie-ny

FAMILY FUN (SUMMER): 1 DAY ITINERARY

An affordable, family-focused day trip to Dutchess in the Hudson Valley is time well spent. Decompress, unplug, and reconnect with some water park fun, peach-picking, movies under the stars, or a good ole fashioned ball game.

Splashdown Beach
Water Park



FISHKILL FARMS, HOPEWELL JUNCTION (S)

Grab a bag or basket, and head to the orchards early to pick whatever's in season—apples, berries, peaches, nectarines, black currants, cherries, or pumpkins—all grown without synthetic pesticides or fertilizers. Inside the farm market, you'll find fresh veggies, eggs, and baked goods. Time your trip during the Strawberry Festival, Peachtopia, or Fall Harvest Weekends! www.fishkillfarms.com

SPLASHDOWN BEACH WATER PARK, FISHKILL (S)

"America's Biggest Little Water Park" offers a day of waves, slides, thrills, sun and fun. The Bullet Bowl, Humunga Half-Pipe, and the five-story Arctic Plunge Racer get the adrenaline flowing, while the Monster Wave Pool and Croc Creek Wavy Lazy River dial it down. Little ones aren't left out; the Bob the Builder™ Splash Works™ attraction and the Shipwreck Lagoon are just their size. www.splashdownbeach.com

MOVIE AT THE OVERLOOK DRIVE-IN, POUGHKEEPSIE (S)

When was the last time you watched a movie outdoors, from your car? This family owned and operated drive-in has been a local institution since 1955. Watch a first-run film under the stars on the largest screen in the tri-state area—as tall as a six-story building—using state-of-the-art digital equipment. Enjoy hot food and snacks from the concession stand! www.overlookdrivein.com

HUDSON VALLEY RENEGADES GAME, DUTCHESS STADIUM, FISHKILL (SE)

Take the family out to a ballgame to watch the Renegades, a Class A, Short-Season minor league baseball team affiliated with the Tampa Bay Rays. Late afternoon and evening games include fun contests and giveaways, and a wide variety of food and beverages are available. Enjoy theme nights and the frequent firework shows after the game. www.milb.com/index.jsp?sid=f537



Hudson Valley Renegades Game, Dutchess Stadium