



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Camp Kresge

## Outdoor Education and Team Building Package

Day Youth Programs (White Haven, Pennsylvania)

Monday-Friday

2016-2017 School Year

**\$9 per student** (chaperones at no charge)

Includes choice of 3 of the following activities \*

### Outdoor Education/Science Classes:

#### Amazing Animals

By playing different games, students will gain a better understanding for predator-prey relationships. Students will also learn about local animals that live in the area and their physical and behavioral characteristics which help them to survive in their habitat. Grades K-2.

#### Animal Adaptations

Through hands on activities and games, students immerse themselves in the life of an animal. Students will understand the difference between physical and behavioral adaptations, the importance of biodiversity as well as how human impact can influence change in the natural world. Grades 3rd-6th.

#### Archery

Students will learn the parts of the bow and arrow. They will work on the skills of focus and aim. Most of class will be spent shooting a bow and arrow at our archery range. Grades 3rd-12th.

#### Beaver Lake Study

With nets in hand, students will look for signs of life at Beaver Lake. Insect and aquatic life cycles will be explained. By using their discoveries found in the lake and performing simple chemical tests (7-8th grade), students will assess the health of our lake. Grades K-8th.

#### Beaver Tales

After learning about the physical features of beavers, students will walk around camp looking for signs of these animals and be able to see their home. Grades K-2.

#### Canoeing

Students will learn basic water safety and boat terminology. While wearing a PFD, students will practice paddling around Beaver Lake. Kresge Lifeguard/Instructor and equipment provided. Grades 5th-12th.

#### Discovery Hike

While on hike through the woods, students will find the hidden treasures of nature by turning over logs, rocks and searching the forest floor. Students will inventory their findings and learn its role in the environment. Interconnectedness of producers, consumers and decomposers will be discussed. Grades 3rd-8th.

#### For the Birds

During class, students will learn about the unique characteristics of birds, their nests and why some migrate. Then they will walk around camp looking for birds and signs of their activity. Grades K-2.

#### Forest Ecology

Students study the parts of a tree, how it photosynthesizes and will complete a forest survey comparing different locations on camp. Grades 3rd-8th.

### **Hike to Beaver Lodge**

During a walk to the beaver lodge, students will learn all about one of our important residents here a Camp Kresge, the beaver. Physical and behavioral adaptations of beavers will be discussed, as well as why they build dams and what affect it has on the local environment. Grades 3rd-6th.

### **Into the Forest**

Students will go for a scavenger hunt and along the way use 4 of their 5 senses to explore nature. The 5 senses will also be discussed on how they relate to different kinds of animals. Grades K-2.

### **Orienteering**

Students will learn and discuss the history of magnetism and natural indicators of direction. Then they will find out how degrees and the 4 cardinal directions relate to a compass. After being instructed on how to use a compass, they will then work in small groups to complete the Camp Kresge Compass course. Grades 4th-8th.

### **Owl Pellets**

Students will learn about the characteristics of birds of prey, what makes owls unique and why they produce pellets. The rest of class, students will dissect an owl pellet with a partner. Owl Pellet cost per student \$4.00. Grades 3rd-6th.

### **Tree-mendous Trees**

During class, students complete activities that will teach them about the 4 things trees need to survive, its life cycle, how each tree part works together to make its own food and why animals and plants depend on trees. Grades K-2.

## **Team Building/Outdoor Adventure:**

### **The Beast**

This game is all about communication. Much like a big game of telephone, a group will need to communicate clearly what the "Beast" looks like to their teammates on the other side of camp to rebuild the beast. This is a fun active game with a positive message. Grades 5th-12th.

### **Catapult**

Given a collection of supplies, students work together in small groups to build a catapult in order to launch a stuffed animal as far as possible. They will also create an advertisement to sell their product. Grades 4th-12th.

### **Climbing Tower**

Build self-confidence and group support skills on our 30 foot climbing tower. Students will be wearing a harness and helmet while a trained staff member belays them up a tower with an attached climbing rope. Grades 3rd-12th.

### **Group Games**

Have your students run off some steam by playing outdoor games. Games can also have a team building or nature focus. Grades 3rd-6th.

### **High Ropes (Single Element)**

Traverse one of our High Ropes elements 30 feet in the air while on belay. Building problem-solving skills, using teamwork and communication will be the focus of this class. Grades 7th-12th.

### **Hike**

Enjoy our property with a hike through the woods to Adam's Ale Spring. Another option is to hike around our scenic 20-acre Beaver Lake on the Lake Loop Trail. Grades 5th-12th.

### **Team Building**

Students work together to solve fun and interesting challenges. The importance of cooperation, listening, participation and encouragement are stressed. Students will solve problems through initiatives and our team building course. Activities geared for age and experience. Grades 4th-12th.

\* Number of classes during your trip depends on availability and time frame of visit.

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### **YMCA Camp Kresge**

382 Camp Kresge Lane, White Haven, PA 18661

P: 570-443-CAMP (2267) [www.wbymca.org](http://www.wbymca.org)



**Additional Fees Apply for the Following Activities:**

- High Ropes Course, Leap of Faith, or Zip line (2 hours, \$150 per group of 15)
- Campfire evening program (\$50 for entire group)
- S'mores (\$2 per person)
- Lunch \$5/person

**YMCA Camp Kresge Sample Day Visit Schedule**

9:30 AM Arrive at YMCA Camp Kresge

9:35 AM Welcome/Orientation in Pavilion

9:45-10:45 AM Class #1

10:45AM-11:45 AM Class #2

11:45-12:45 PM Lunch

12:45-1:45 PM Class #3

2:00 PM Departure from Camp

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