

Camp Manitoqua & Retreat Center  
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# Outdoor Education Programs

Camp Manitoqua & Retreat Center

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# OUTDOOR EDUCATION PROGRAMS

Challenge Activities	Outdoor Activities	Nature Studies	Recreation Activities
Initiatives/Teambuilding Course	Slingshot Paintball Biathlon	Bird Study	Skim Pad
Climbing Tower	Disc Golf	Decomposition Study	Ga-Ga Ball/ Epic Ball
Zip Line	Archery	Fishing Study	Basketball
High Ropes	Dirtboarding	Food Chain Study	Baseball Diamond
Pamper Pole	Night Hike	Forest Study	East Field
Tree Climbing		Orienteering	Sand Volleyball Courts
Paintball at Strike Zone			Game Room

## Courses:

The courses we offer are divided in to four categories: Challenge Activities, Outdoor Activities, Nature Studies, and Recreation Activities. All of them are taught and facilitated by our trained Outdoor Education Staff, with the exception of Recreation Activities which may require staff or could be run by guests.

Each course will run for approximately one hour (with the exception of Zipline, High Ropes, Pamper Pole, and Paintball which would require approximately 2 hours), depending on the determined schedule. Our staff will run the specific activities while chaperones from the school will guide groups of students to each new location.

## Meeting Your Needs:

All programs can be tailored to meet the needs of each specific school or class.

Activities can be mixed and matched to create a unique Outdoor Education experience. While developing your program, our staff is able to modify each activity to better align to your curriculum. We also are able to develop new activities and studies to meet your educational requirements.

Programs may range from day-long programs to programs that run for multiple days and include lodging and meals.

## Cost:

Please call or check our website for pricing information. We can customize many different options for your experience from day trips to overnight with or without food. We would appreciate an opportunity to talk about your needs and how we can meet them.

*\*In this instance, times and pricing are subject to change.*

# OUTDOOR EDUCATION PROGRAMS

## SAMPLE SCHEDULES

### One Day Program

Day		
Time	Event	Notes
9:15am	Arrival	Arrive, Get into groups for courses
9:30-10:45	Course 1	
10:50-12:05	Course 2	
12:10-12:45	Lunch	Buffet-style meal in the Dining Hall
12:50-2:05	Course 3	
2:10-3:25	Course 4	
3:30-4:45	Course 5	
4:50-5:00	Clean-up for Dinner	
5:00-6:00	Dinner	Buffet-style meal in the Dining Hall
6:05-6:55	Course 6	
7:00pm +	Recreation Time	Camp Fire, Use of Grounds, etc.

#### Program Notes:

This program consists of six programmed classes which will be facilitated by Camp Manitoqua Staff. All of them will run on a rotational basis. The entire class will be split up into six equally-sized groups and rotate through the schedule.

The program includes six programmed courses and two meals.

The cost for chaperones would include only the meals, as they will not be participating in the courses.

The course after dinner is dependent on when the sun will set. If we do not have daylight we cannot run a course after dark.

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# OUTDOOR EDUCATION PROGRAMS

## One and A Half Day Program

*Including Overnight Stay*

Day 1		
Time	Event	Notes
9:00am	Arrival	Arrive, Move into Cabins, Get into groups for courses
9:30-10:45	Course 1	
10:50-12:05	Course 2	
12:10-12:45	Lunch	Buffet-style meal in the Dining Hall
12:50-2:05	Course 3	
2:10-3:25	Course 4	
3:30-4:45	Course 5	
4:50-5:00	Clean-up for Dinner	
5:00-6:00	Dinner	Buffet-style meal in the Dining Hall
6:05-6:55	Course 6	
7:00pm +	Recreation Time	Camp Fire, Use of Grounds, Overnight Stay in Cabins, etc.

Day 2		
Time	Event	Notes
8:30am	Breakfast	Buffet-style meal in the Dining Hall
9:30-10:45	Course 7	
10:50-12:05	Course 8	
12:10-12:45	Lunch	Buffet-style meal in the Dining Hall
1:00pm	Departure	

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### Program Notes:

This program consists of eight programmed classes which will be facilitated by Camp Manitoqua Staff. All of them will run on a rotational basis. The entire class will be split up into eight equally-sized groups and rotate through the schedule.

The program includes eight programmed courses, four meals, and an overnight stay in the cabins.

The cost for chaperones would include only the meals and lodging, as they will not be participating in the courses.

The course after dinner is dependent on when the sun will set. If we do not have daylight we cannot run a course after dark.

*\*In this instance, times and pricing are subject to change.*

# OUTDOOR EDUCATION PROGRAMS

## Two Day Program

*Including Overnight Stay (2 Nights)*

<b>Day 1</b>		
<b>Time</b>	<b>Event</b>	<b>Notes</b>
9:00am	Arrival	Arrive, Move into Cabins, Get into groups for courses
9:30-10:45	Course 1	
10:50-12:05	Course 2	
12:10-12:45	Lunch	Buffet-style meal in the Dining Hall
12:50-2:05	Course 3	
2:10-3:25	Course 4	
3:30-4:45	Course 5	
4:50-5:00	Clean-up for Dinner	
5:00-6:00	Dinner	Buffet-style meal in the Dining Hall
6:00pm +	Recreation Time	Camp Fire, Use of Grounds, Overnight Stay in Cabins, etc.
<b>Day 2</b>		
8:30am	Breakfast	Buffet-style meal in the Dining Hall
9:30-10:45	Course 6	
10:50-12:05	Course 7	
12:10-12:45	Lunch	Buffet-style meal in the Dining Hall
12:50-2:05	Course 8	
2:10-3:25	Course 9	
3:30-4:45	Course 10	
4:50-5:00	Clean-up for Dinner	
5:00-6:00	Dinner	Buffet-style meal in the Dining Hall
6:00pm +	Recreation Time	Camp Fire, Use of Grounds, Overnight Stay in Cabins, etc.
<b>Day 3</b>		
8:30am	Breakfast	Cabins should be cleaned up and ready to depart before breakfast.
9:30am	Departure	

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### Program Notes:

This program consists of ten programmed classes which will be facilitated by Camp Manitoqua Staff. All of them will run on a rotational basis. The entire class will be split up into equally-sized groups and rotate through the schedule. The program includes ten programmed courses, six meals, and a two-night overnight stay in the cabins. The cost for chaperones would include only the meals and lodging, as they will not be participating in the courses. With this program there is an opportunity to extend the times on the challenge activities\* to two hours to provide a deeper and more meaningful experience.

*\*In this instance, times and pricing are subject to change.*

# OUTDOOR EDUCATION PROGRAM DESCRIPTIONS

## CHALLENGE ACTIVITIES

Name	Description/ Goal
<b>Initiatives &amp; Teambuilding</b>  <i>Grades: 3<sup>rd</sup> and up</i>	Participants will learn different aspects of teamwork and communication through multiple team challenges. Offerings include a variety of activities such as: <ul style="list-style-type: none"> <li>• <i>permanent initiatives (13) and low ropes courses (3)</i></li> <li>• <i>traveling portable programs</i></li> <li>• <i>games with a purpose</i></li> </ul>
<b>Climbing Tower</b>  <i>Grades: 5<sup>th</sup> and up</i>	Participants are challenged by one or more of our four forty-foot rock wall faces. We encourage climbers to set their own goals in an effort to achieve their personal bests. Throughout this activity, participants will work together through a team belay system, providing group encouragement and support, and allowing participants to learn from a different perspective.
<b>Zip Line</b>  <i>Grades: 6<sup>th</sup> and up</i>	Our dual zip lines run between two of our multi-sided climbing tower faces. This exciting activity challenges participants to take a step of faith and experience the thrill of achieving their goals.
<b>High Ropes</b>  <i>Grades: 7<sup>th</sup> and up</i>	Our twenty-two element, multiple level, high ropes course offers participants a unique experience as they are suspended at heights of twenty and thirty feet in the air. An encouraging aspect of our high ropes course is that it offers participants the opportunity to challenge themselves with up to twenty-seven others at the same time. Most elements are able to be completed individually or with a partner.
<b>Pamper Pole</b>  <i>Grades: 7<sup>th</sup> and up</i>	Our thirty foot utility pole offers participants a chance to challenge themselves in a way that incorporates goal setting and follow-through. Once participants reach the top of the pole, they are encouraged to announce what they will be jumping for, and take a symbolic leap forward toward their goals.
<b>Tree Climbing</b>  <i>Grades: All</i>	Among a series of knots and hitches participants will learn the art and skill of using an arborist rope to help ascend into the canopy of one of our three oak trees. Participants use a seated canyon harness, wear a helmet, and use a foot loop to climb and explore the canopy of the tree in ways that cannot be experienced from the ground.
<b>Paintball</b>  <i>Grades: 5<sup>th</sup> and up</i>	Participants will develop teamwork, team bonding, strategic planning, and communication (verbal and non-verbal) through a programmed scenario. Paintball offers an opportunity to develop the above mentioned goals in a challenging setting that is unique to the paintball experience.

# OUTDOOR EDUCATION PROGRAM DESCRIPTIONS

## OUTDOOR ACTIVITIES

Name	Description/ Goal
<p><b>Slingshot Paintball Biathlon</b></p> <p><i>Grades: 5<sup>th</sup> and up</i></p>	<p>This outdoor challenge activity offers participants the opportunity to combine fun with teamwork. Each team is given a slingshot and a satchel of paintballs. Team members must take turns loading and shooting at targets as they run through the timed course.</p>
<p><b>Disc Golf</b></p> <p><i>Grades: 3<sup>rd</sup> and up</i></p>	<p>The objective of this activity is two-fold. The first allows participants to learn different ways to throw a Frisbee disc. The second allows for participants to enjoy a round of golf while developing hand eye coordination , and depth perception.</p>
<p><b>Archery</b></p> <p><i>Grades: 5<sup>th</sup> and up</i></p>	<p>In this activity participants will learn the basics of archery. Archery includes identifying the different parts of the bow and arrow, learning the skills of stringing a bow and loading, releasing, and retrieving arrows.</p>
<p><b>Dirtboarding</b></p> <p><i>Grades: 5<sup>th</sup> and up</i></p>	<p>Participants will use skills such as balance, control, and coordination to ride a mountain board (<i>modified skate board with large wheels</i>) down a hill while standing or sitting. During this time, participants will wear a helmet, elbow pads, knee pads, and wrist guards to safely and enjoyably ride down the hill.</p> <p><i>*This may be combined with our bungee to make an even more thrilling ride called "Bungee Dirtboarding".</i></p>
<p><b>Night Hike</b></p> <p><i>Grades: 3<sup>rd</sup> and up</i></p>	<p>Night hikes provide the opportunity for participants to experience camp's grounds in a different light. Hikers will be guided throughout our various wooded nature trails and experience the beauty of the moon as it guides their path.</p>

# OUTDOOR EDUCATION PROGRAM DESCRIPTIONS

## NATURE STUDIES

Name	Description/ Goal
<b>Bird Study</b>  <i>Grades: 5<sup>th</sup> and up</i>	During this study, participants will observe the behavior of birds through binoculars as they feed. They will take note of what birds eat, the behavior in which they eat around other birds, as well as characteristics about specific bird species.
<b>Decomposition Study</b>  <i>Grades: 5<sup>th</sup> and up</i>	Our Decomposition Study is an in-depth study of natural decomposition along our nature trails. During this time, participants will observe/identify fungi and other decomposers while discovering different stages of decomposition.
<b>Fishing Study</b>  <i>Grades: 5<sup>th</sup> and up</i>	During the fishing study, participants will learn how to use a spin-casting reel, how to bait a hook using live worms, and how to appropriately cast a line. Fishing takes place on the shores of Camp's pond, where fishermen and women are able to find bluegill, largemouth bass, yellow bull head, and perhaps even the mighty gold fish.
<b>Food Chain Study</b>  <i>Grades: 5<sup>th</sup> and up</i>	Participants will come to understand the food chain through various fun activities. They will also learn the functions and roles of producers, as well as primary, secondary, and tertiary consumers.
<b>Forest Study</b>  <i>Grades: 5<sup>th</sup> and up</i>	Participants will spend their time identifying different parts of a forest. In this study different trees and their leaves will be identified, natural decomposition will be observed, and participants will come to understand the competition trees endure while searching for sunlight and energy.
<b>Orienteering</b>  <i>Grades: 5<sup>th</sup> and up</i>	A timeless camp activity, orienteering combines compass use and map reading. During the participants' time, they will identify different parts of a compass, learn how to read a compass, and understand how to read a map. At the end of their time, participants will put these skills to use and do some orienteering to navigate to different locations on camp grounds.



# OUTDOOR EDUCATION PROGRAM DESCRIPTIONS

## RECREATION ACTIVITIES

Name	Description/ Goal
<b>Skim Pad</b>  <i>Grades: 3<sup>rd</sup> and up</i>	Participants will use skills such as balance, control, and coordination to ride a skim board down our forty-foot long skim pad while standing or kneeling. During this activity, participants will work together to pull back a bungee cord for a team member who is waiting on the skim board. Once the participant is ready, he or she will go for an exhilarating ride in the refreshing water.
<b>Ga-Ga Ball/ Epic Ball</b>  <i>Grades: All</i>	Dodgeball and foursquare meet to form one of Camp's most popular activities, Ga-Ga Ball (or as it is referred to at Camp, Epic Ball). Participants gather inside our octagonal Ga-Ga/Epic Ball pit and use their hands to try to knock out other participants by bouncing a rubber kick ball off of their legs.  <i>*Ga-Ga/Epic Ball is able to be used for recreational time or Camp Manitoqua would be happy to facilitate a game for you.</i>
<b>Basketball</b>  <i>Grades: All</i>	Camp is happy to offer three different basketball courts with five different basketball hoops.  <i>*These are able to be used for recreational time or Camp Manitoqua would be happy to facilitate a variety of games for you.</i>
<b>Baseball/Softball/ Kickball</b>  <i>Grades: All</i>	The baseball diamond is available for multiple uses. Game suggestions include: baseball, home run derby, softball, or kickball.  <i>*The baseball diamond is able to be used for recreational time or Camp Manitoqua would be happy to facilitate a game for you.</i>
<b>Soccer/East Field</b>  <i>Grades: All</i>	East Field is a large, open, grassy space with two regulation-sized soccer goals. This field makes for a great space to play a game of soccer or it may be used for a variety of large group activities.  <i>*East Field is able to be used for recreational time or Camp Manitoqua would be happy to facilitate a game for you.</i>
<b>Sand Volleyball Courts</b>  <i>Grades: All</i>	Camp's two sand volleyball courts are adjacent to the adult retreat center. The courts provide a great opportunity to play volleyball, other games, or could be used for sand games for younger children.  <i>*The sand volleyball courts are able to be used for recreational time or Camp Manitoqua would be happy to facilitate a game for you.</i>
<b>Game Room</b>  <i>Grades: All</i>	Our game room, located in the basement of the dining hall, consists of some timeless activities such as table tennis, foosball, bumper-pool, billiards, air-hockey, and carpet ball.