



YMCA Camp Eberhart

# OUTDOOR EDUCATION CURRICULUM GUIDE





# CURRICULUM GUIDE

Thank you for considering YMCA Camp Eberhart for your outdoor education needs. To learn more about the classes offered at YMCA Camp Eberhart please take a look through this packet.

## Outdoor Education

- Animal Adaptations
- Archery
- Astronomy
- Birds of a Feather
- Canoeing
- Climbing Tower
- Could you Survive
- Disc Golf
- Forest Ecology
- Gone Senseless
- Horse Science
- Horse Rides (arena and trail)
- Lake Communities
- Native American Studies
- Nature Hikes
- Orienteering
- Owl Pellets
- Roller Coaster Physics
- Rube Goldberg Challenge
- Soil and Water Conservation
- Ultimate Frisbee
- Whatever Floats Your Boat

## Team Building

- Group Dynamic Activities
- High Ropes Challenge
- Low Ropes Course

## Evening/Large Group Activities

- Astronomy
- Campfire/S'mores
- Egg Drop
- Field Games
- Night Hike
- Predator Prey

Activities, games, and classes can be designed to meet the needs of your group. Please contact our outdoor education staff with any questions and/or requests.



# OUTDOOR EDUCATION

YMCA Camp Eberhart is situated on 200 wooded acres with over a mile of shoreline on Corey Lake. Because of this, we are a perfect place to open students eyes to the wonders of nature. Our classes are geared toward schools core standards and all classes include hands-on activities that will engage your students.

## **Animal Adaptations**

Jump, crawl, fly, walk or slither your way to learn why and how animal have adapted to survive within their ecosystem. Class will include looking at animal biofacts, a wildlife focused game or short hike.

## **Archery**

Students will use a bow to shoot arrows at a target after reviewing the safety rules.

## **Birds of a Feather**

Birds have many different shaped beaks—but why? This class explores the world of birds and some of their unique adaptations. Class includes a hands-on activity and a short hike to look for our feathered friends.

## **Canoeing**

Learn about how to canoe and then put these skills to the test by canoeing around Corey Lake. *Note: this class is very weather dependent (wind and air/water temperature).*

## **Climbing Tower**

Take confidence building off the ground and utilize our 32' climbing wall. During this activity we will encourage students to go outside of their comfort zone, trust each other and build on team cooperation.

Students must wear closed-toed shoes.

## **Could You Survive?**

If you were lost in the woods –what are the most important things to have with you? Learn the basic sense of survival and the difference between needs and wants. Then travel into the woods to make a shelter, build a fire and other survival skills.

## **Disc Golf**

Can you complete the disc golf course on par? Students will be taught ways to throw a disc and practice their skills on the course. Our disc golf course winds through camp and be as long or short as time allows.

## Forest Ecology

What are the parts of a tree? Why are trees important to people? This class explores these questions and more to open students eyes to the amazing world of trees. Class includes hands-on activities, a short hike or having a time to make scientific observations.

## Gone Senseless

What happens when you loose one of your five senses? Find out the importance of all of them with the temporary loss of one. Class includes many games that focus on one sense, or eliminates one.

## Horse Science

Trot over to our horses to learn about them from mane to tail. Class includes learning about how to care for horses and gives students the opportunity to groom them. There is no riding during this class.

## Horse Rides (Arena & Trail)

Students will learn how to ride one of our friendly horses as they trot around our arena. *Note: There is an additional cost for this class (\$15/ student). We also request extra chaperones to help with this activity.*

## Lake Communities

What calls Corey Lake home? Students will learn about various animals that call the lake home—with a special emphasis on aquatic insects and their life cycles. Class includes wading in the lake to scoop for the lake's inhabitants, then looking at them up close.

## Native American Studies

Which Native American tribes lived in our area? What was their influence on our lives and surroundings? This class will briefly discuss this history, teach a Native American game, and create dream catchers to take home.

## Nature Hikes

Camp Eberhart has many miles of trails. In this activity students will explore some of the rarely seen parts of camp to look for wildlife, explore nature and much more.

## Orienteering

Gain a basic understanding of how to read, understand and use a compass. Students will work their way through our orienteering course. *Suggested for 5th grade and older.*

## Owl Pellets

Learn all about our nighttime friends by dissecting an owl pellet and identifying the bones inside.

## Roller Coaster Physics

How does a marble travel successfully down a track? Students will be introduced to the physics of roller coasters, then, in teams, design and test a series of obstacles that will allow a marble to complete the track.

## Rube Goldberg Challenge

Learn about and build your own Rube Goldberg machine. This class will design a chain-reaction machine using limited natural and man-made materials with the goal of completing a simple task such as moving a car down a track or getting a ball into a hole. This is a group activity.

## Soil and Water Conservation

Soil is important for all life—but how is it formed? Students will use their observational skills to dissect a piece of dirt, learn how it is formed, and more. Class includes dissecting a piece of dirt and studying the effect of water erosion on our surroundings.

## Ultimate Frisbee

The object of Ultimate Frisbee is to gain points by scoring goals. Students will be taught basic rules of the game, given basic techniques of throwing a disc, and participate in an Ultimate Frisbee game.

## Whatever Floats Your Boat

What engineering design will help your boat float through the water? Students will work in groups using limited supplies to design and test their boats in the water.





# TEAM BUILDING

Recreational activities are a great way to get students active, get them interested in the outdoors and develop skills they will use throughout the lifetime. YMCA Camp Eberhart is committed to nurturing youth development, encouraging healthy living, and much more through these unique activities.

## Group Dynamics

We'll work with your class on leadership, teamwork and increase encouragement among students by working together to problem-solve and overcoming obstacles through various 'games'.

## High Ropes Challenge

Students will go outside of their comfort zone as they travel up to our 15'-30' high ropes course to conquer our various obstacles. *Note: There is an additional fee of \$20/student for this class. Also, participants must be at least 12 years of age. Call for details.*

## Low Ropes Course

Students work together to conquer various obstacles on our low ropes course including our "spider web," "whale watch," and more. These games, like our group dynamic games, will focus on teamwork, communication and problem solving skills.

## Games & More

YMCA Camp Eberhart also has a large field to play numerous games such as Capture the Flag, Gaga Ball, Human Foosball, and so much more. These can be played as a class, an evening activity or during an "open class" if desired.





# EVENING & LARGE GROUPS

We offer many different evening activities for your students. These are large group activities that are fun, silly, and will provide your students with memories for a lifetime.

## **Astronomy *as available***

Learn about the constellations, stars and more. We own a number of telescopes as well as an astrodome.

## **Campfire/S'mores**

Always a favorite, campfires are a great time filled with singing, skits, jokes and stories. A campfire is truly a memorable experience and a really fun way to end the evening...especially with s'mores!

## **Egg Drop**

Students will break into small groups and receive a bag of random supplies to make a contraption that will save their egg from breaking when dropped off of the balcony.

## **Field Games**

Group games can vary from Capture the Flag, Rock, Paper, Scissors, Tag, and more!

## **Night Hike**

When the sun goes down—this activity can start! This hike will include games and activities that teach students about night vision and how it can be a whole lot better than they ever imagined.

## **Predator Prey**

Will you survive? Test your skills and gain an appreciation of the predator/prey relationship that animals exhibit in a forest and field ecosystem through this hands on game.

## **Other Fun Activities at Camp**

- Basketball Courts
- Fishing (bring own equipment)
- Disc Golf (as a class)
- 9-Square
- Soccer Field
- Gaga Ball

### **DID YOU KNOW?**

YMCA Camp Eberhart is open year round!  
We have lots of great winter specific activities for groups including:

Skiing at Swiss Valley,  
Winter survival,  
And so much more!