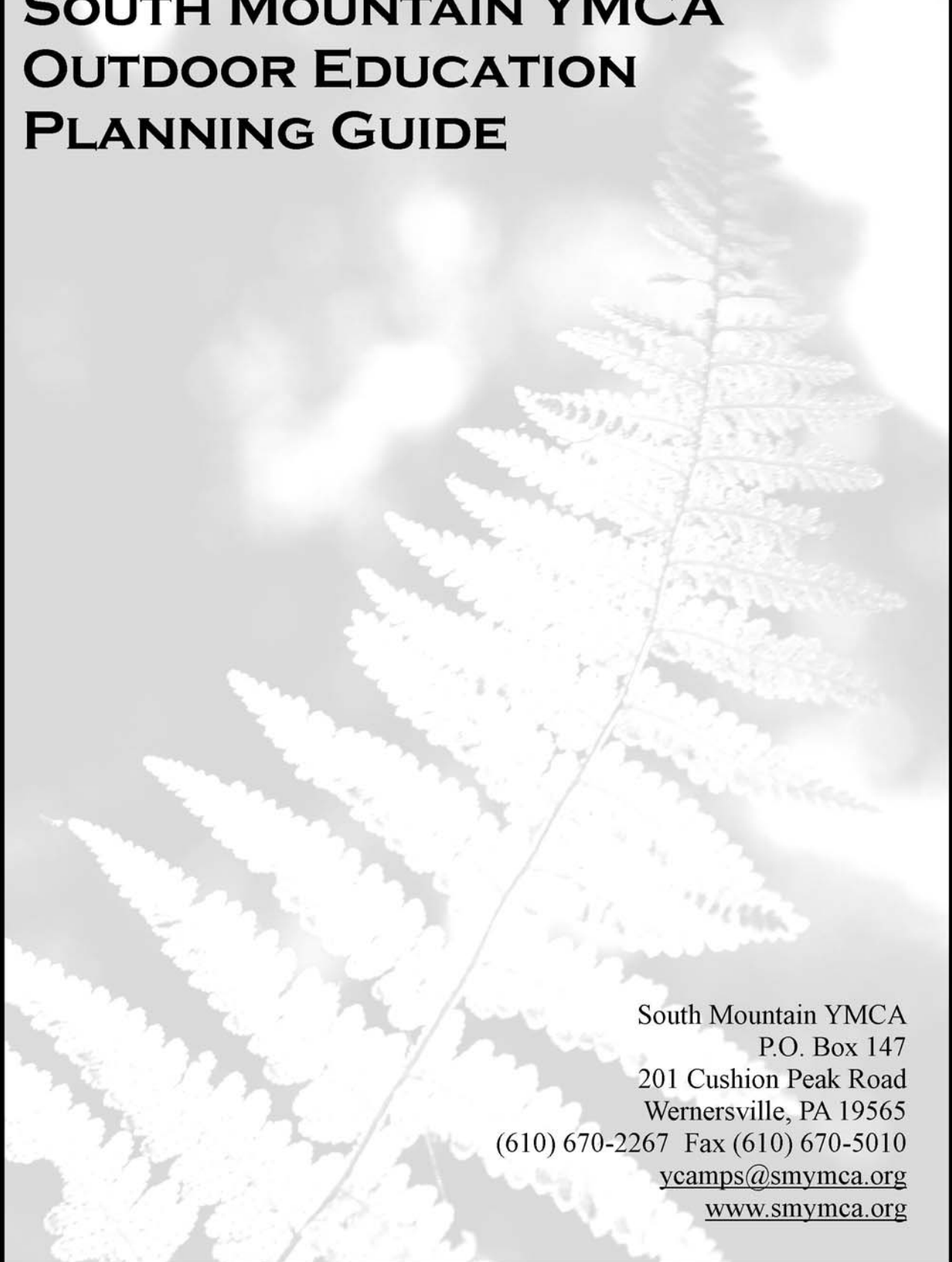


SOUTH MOUNTAIN YMCA OUTDOOR EDUCATION PLANNING GUIDE



South Mountain YMCA
P.O. Box 147
201 Cushion Peak Road
Wernersville, PA 19565
(610) 670-2267 Fax (610) 670-5010
ycamps@smymca.org
www.smymca.org

South Mountain YMCA

The mission of the South Mountain YMCA is to provide a camping experience, educational and other programs that build personal leadership, character and life skills while developing caring, honesty, respect and responsibility in young people, families and communities.

Core Values

We believe that:

- ✓ Each individual has worth and deserves respect and dignity.
- ✓ At different rates and in different ways, all individuals can experience success in an atmosphere of compassion and caring.
- ✓ Success builds self-esteem and self-esteem promotes success.
- ✓ We offer a unique opportunity for participants to achieve their full potential in a safe, non-threatening, positive environment.
- ✓ Programs offered will enable participants to grow in respect for themselves, others and the environment in addition to accepting that they are members of an international community.
- ✓ Excellence in providing an outdoor program is worth the commitment of time, effort and financial resources.

We build...
strong kids,
strong families,
strong communities.



Welcome to...

the **South Mountain YMCA** 

Dear Group Organizer,

This *planning guide* has been created to assist you in planning a successful and enjoyable resident or day-long outdoor education experience at South Mountain YMCA. Please read this packet thoroughly.

To ensure that your group is well informed, please feel free to duplicate and distribute any of the materials in this packet. You may also want to put together an information packet just for your group.

Communication and planning are the keys to a successful trip. South Mountain staff is available for parent presentations, group meetings, or other consultations that may assist you.

We have been providing outstanding programs to schools, churches, corporations, and organizations for more than 20 years. We are looking forward to creating a valuable outdoor learning experience for you and your group.

Sincerely,

Audrey Preston
Outdoor Center Director

South Mountain YMCA
YCAMPTM

We build strong kids, strong families, strong communities.



Contents



<u>Section</u>	<u>Page #</u>
South Mountain YMCA	2
Mission Statement	
Core Values	
Welcome to South Mountain YMCA	3
Program Planning Guide	
Steps to Planning Your Trip	5
Final Steps	6
Program Planning Checklist	7
Policies for Groups	8
Safety Regulations/Procedures	9
FORMS	10-15
Group Information Form	11
Request to Accommodate Special Needs	12
Activity Group Assignments	13
Cabin Assignments	14
Table Assignments	15
Packing List	16
Pre-Trip Activities (Schools)	17
Sample Schedule	18
List of Programs	19-20

Program Planning Guide

First Step: Planning Your Trip

- Identify the purpose of your trip: recreational, teambuilding, educational, or a combination? Participants should understand and accept the goals of the trip. To assist you in this endeavor, we have included a form for you to complete and return as soon as possible:
 - **Group Information Form**- used by the staff of South Mountain YMCA to make sure supplies, equipment, and evening program needs are ready for your use.
- Choose 2 or 3 dates that will work for your group and call the South Mountain office 610-670-2267 to check availability. Once you've decided on a date, you are 'penciled in' until you put down a deposit.

Second Step: Working With The Staff At South Mountain

- Most of the planning of your trip can be accomplished over the phone. However, if you choose, a personal visit can be arranged. Group leaders are welcomed and encouraged to visit for a facilities tour beforehand. New participants will always be encouraged to allow a personal visit by the Outdoor Center Director or by one of our planning team members.

PLEASE TAKE NOTE:

We are eager to tailor your visit to fit your needs. Please share with us any special expectations you have such as new class rotation, meeting areas, snack distribution, program options, etc.

- See our 'Sample Schedule Template' to determine how many day and evening programs to choose. Contact South Mountain staff with your program choices and any deviations from the schedule template **at least 30 days prior to your arrival date**. After careful review of your schedule, please contact us with any questions or concerns. Program staff are assigned duties two weeks in advance; therefore, last minute changes are difficult to accommodate.
- Financial Aid is available for those who need it. Youth development in an outdoor setting is key to our mission. As such, we are committed to making them available to all children, regardless of their parents' ability to pay. We will ask all those requesting assistance for Outdoor Center programs, from riding lessons to outdoor education, to pay at least 50% of the regular fee. Please contact the South Mountain office to discuss financial aid and receive an application form.

Third Step: Preparing Your Group

- Please make sure that all participating are prepared for an OUTDOOR experience. Proper attire for existing or anticipated weather conditions is a must. Discuss with everyone the importance of packing proper clothing. Programs WILL be conducted in cold, windy, raining conditions (within reason). Being too cold, too hot, or too wet takes away from the learning experience. All participants should be aware that temperatures are usually 5-10 degrees cooler on the mountain. Please share the provided packing list with everyone.
- Parents of students should be informed that the business office at South Mountain YMCA is closed at 5:30 p.m., however, an answering system will take their calls after that time. The messages are checked for the last time at 11:00 p.m. that evening. The office re-opens at 8:30 a.m. Monday through Friday.

Final Steps

- Ensure that all steps on the **Program Planning Checklist** (see following page) have been completed.
- Please complete and return the following forms **at least 10 days prior to your arrival date**: *Special Needs Request, Activity Groups, Table Assignments**, and *Cabin Assignments***. *(weekend and day groups do not require this form)
- Ensure that participants are aware of their Table, Activity Group, and Cabin assignments. You may choose to have a nametag system identifying each students' table, activity group & cabin assignment.

****IMPORTANT****

- *Call and confirm your final numbers at least 10 days before your arrival.* This is the minimum billable amount! If we do not hear from you, the number of people listed on your contract becomes your minimum billable amount. Also, it is a good idea to confirm the schedule.
- Provide to *South Mountain YMCA* proof that your insurance policy lists us as an **additional insured**. The **general liability** coverage must be a *minimum* of \$1,000,000.00. You may bring this paperwork with you or send it ahead of time.
- Once we have your minimum billable numbers, you will receive an invoice. Payment can be made by cash, check, or credit card. Payment of your remaining balance is expected upon arrival. Any additional charges for added participants, meals, damages, etc. will be billed after your trip. Schools and other organizations with extenuating circumstances may request to be billed after their trip.

Address any questions and concerns to:

Audrey Preston
Outdoor Center Director
(610)-670-2267 Fax (610)-670-5010 e-mail: apreston@smymca.org

South Mountain YMCA



Program Planning Checklist

WHEN YOU MAKE A RESERVATION:

- ___ Ensure that a contract has been sent to you
- ___ Arrange for transportation
- ___ Complete and return *Group Information Form*
- ___ Meet with group leaders, teachers, students, and/or parents about your trip. We are happy to be present for that meeting.

AFTER RECEIVING YOUR CONTRACT:

- ___ Return your signed contract with indicated deposit within 30 days to confirm your dates

30 DAYS BEFORE TRIP:

- ___ Give packing list to participants
- ___ Discuss trip goals and behavior expectations with students and chaperones
- ___ Choose your programs.
- ___ Review the schedule South Mountain staff members create and discuss changes if needed.

10 DAYS BEFORE TRIP:

- ___ Contact SMYMCA with your minimum billable participant numbers
- ___ Confirm final itinerary
- ___ Arrange for payment of your balance or make a special request to be billed post-trip
- ___ Mail or fax: TABLE, ACTIVITY GROUP, and CABIN assignment forms
- ___ Mail or fax: SPECIAL NEEDS REQUEST form (if necessary)
- ___ Arrange to provide proof of insurance with South Mountain YMCA listed as **additional insured**.
The **general liability** coverage must be a *minimum* of \$1,000,000.00

BEFORE YOU LEAVE:

- ___ Make sure chaperones have copies of: schedule, table, activity group, and cabin lists
- ___ Get an exact head-count of all participants (including adults)
- ___ Check bus schedule for return trip
- ___ Bring proof of insurance and payment for your balance
- ___ Make sure you have accurate directions (found at our website) & our phone number
- ___ Relax and travel safely to the mountain. We'll be here to greet you when you arrive!



Policies for Groups

- Groups must bring a nurse, or someone certified by a nationally recognized provider in CPR and/or First-Aid, for their health care needs. South Mountain YMCA **does not** have a nurse in residence. Group's nurse or first aid provider must possess a roster of those attending along with an emergency contact form, permission to treat and/or, a medical release form for each attendee. South Mountain YMCA will work with group leaders in arranging emergency transportation if the need presents itself. South Mountain YMCA can provide access to basic first-aid materials; however, the primary responsibility of providing adequate supplies and care falls on the group's health care provider. Any incident, accident, injury, or illness, no matter how minor, must be reported to a South Mountain YMCA staff member immediately so that proper documentation can be made for our records.
- Youth must have adult supervision to visit any building (including cabins.) High School leaders are acceptable but students must be supervised at all times, including during "free time" before and after meals.
- Each activity and cabin group needs to have an adult chaperone assigned to it. Group organizers may choose whether to assign an adult to each table group but it is recommended to help speed the clean-up process at meals. Respect other people's space and property. Participants may visit other same-gender cabins only when invited.
- Possession and/or use of **TOBACCO, ALCOHOL, illegal drugs, and weapons** use is strictly **prohibited** on camp. All medically necessary hypodermic needles must be disposed of in an approved medical disposal container.
- *All* vehicles must be parked in *designated parking lots*. Vehicles are **not allowed** in village areas.
- In the event of damage to any buildings or property due to negligence, the school or group will be responsible for the cost of repair.
- Quiet hours are from 11:00 p.m. to 7:00 a.m. Please be sensitive to the other groups and families residing on the property. During quiet hours campers are not allowed to be outside of their villages.
- We are a *tobacco free* camp. There are no designated smoking areas or disposal containers on camp. Please, *no smoking or tobacco product usage is permitted* on South Mountain YMCA property at any time. Guests should make prior arrangements to be tobacco-free during their stay at South Mountain. Speak with the Outdoor Center Director if any questions or concerns need to be addressed.
- No personal sports equipments allowed (such as archery equipment, climbing gear, baseball equipment, etc.). During program time, participants must use SMYCMA's equipment that is inspected and maintained.
- Participants are asked to leave electronics such as a IPODs, radios, CD players, mp3 players, video games, and computers at home. South Mountain YMCA will not be held liable or responsible for damaged or lost items previously described or any other personal items.
- Refrain from bringing personal food items of any kind to camp. Group snacks are allowed with prior notice in designated areas only.
- Unless otherwise instructed, a moment of silence will be observed before each meal. Proper table manners will be expected from all in the dining area. All meals are served buffet-style. For weekday resident groups, one server for each table is to arrive at the Dining Hall prior to meal and to stay behind after meal. For weekend groups, no servers are required but individuals are asked to clear and wipe their own tables.

- During activity periods, the Outdoor Education staff will be the primary disciplinarians for most issues. However, each field group is required to have a chaperone with them for emergencies or severe behavior infractions. During free periods, meals, in-between times, and evenings group discipline is primarily the responsibility of the group's chaperones. It is the expectation of the Outdoor Education staff that they will be able to conduct their classes without any discipline problems. Please prepare your group for an "outdoor classroom" experience.
 - Each group will be assigned staff appropriate to provide ratios of at least 1 staff to every 15-20 students for program purposes. High ropes requires more staff to facilitate and there is a corresponding charge.
-

South Mountain YMCA

Safety Regulations/Procedures

- Please be aware that fire exits and extinguishers in all buildings including cabins.
- At no time are campers allowed to run on camp trails, roads, or other locations except the athletic fields and during SMYMCA staff-led activities.
- All campers **must** wear closed-toe shoes or boots. Please, no sandals. This is especially important when program areas include the horses, climbing tower, low or high ropes course.
- We ask that campers, young and old alike, stay on designated trails and roads. This will greatly reduce the risk of exposure to poison ivy which grows in our forest.
- For the safety of all campers and staff, please follow directions and safety guidelines given at all program areas and buildings.
- Please refrain from any behavior or incitement that may cause injury to yourself or others, or that may cause damage to personal or camp property.
- Children are required to travel about camp in their assigned group accompanied by an adult leader. If a child must leave their group, they are to use the 'buddy system' and inform a chaperone beforehand.
- In the event of an emergency (electrical storm, tornado, hurricane, earthquake, fire, lost camper etc.) follow all of the directions given by staff members.



South Mountain YMCA

Forms Section

(All forms can be duplicated as needed)

South Mountain YMCA



Group Information Form For Schools Only

Please complete this form upon booking, and return it via mail or fax (610-670-5010) ASAP.

The purpose of this section is to let South Mountain YMCA program staff know more about your group, their backgrounds, and your goals for the trip. This will help us provide an experience that will achieve your goals.

Who will be your ACTIVITY GROUP chaperones?

teachers high school students parents other_____

Who will be your CABIN chaperones?

teachers high school students parents other_____

Please share a copy of South Mountain YMCA policies with all adults who will attend.

How will your children be separated into activity groups?

Boys & Girls together Boys & Girls separate Please explain:_____

If your group has several GRADES attending, how will activity groups be?

By age Mixed together Please explain:_____

What is the academic profile of the participants (are they achievers, gifted/talented, learning disabilities, need motivation, etc.?)

What should we know about your students before they arrive? Please be specific (use some adjectives to describe your children's behavior, curiosity, approach to learning, etc.)

South Mountain YMCA

Request to Accommodate Special Needs

Please complete this form upon booking, and return it via mail or fax (610-670-5010) at least 30 days prior to arrival.

Group Name: _____

Date(s) Attending: _____

NOTE: name, activity group, cabin, special instructions.

Please include the following: physical or behavioral issues, other medical concerns, severe allergies, special dietary restrictions (including vegetarian, lactose-free, etc.)

Name	Activity Group	Cabin	Special Instructions

South Mountain YMCA

Activity Group Assignments



Please complete this form and return it via mail or fax (610-670-5010) at least 30 days prior to arrival.
If you have more than four Activity Groups, please make a copy of this form before filling it out.

Group Name: _____ Dates Attending: _____

Activity Group Letter: __	Activity Group Letter: __	Activity Group Letter: __
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
13.	13.	13.
14.	14.	14.
15.	15.	15.
Chaperone: _____	Chaperone: _____	Chaperone: _____

Activity Group Letter: __	Activity Group Letter: __	Activity Group Letter: __
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
13.	13.	13.
14.	14.	14.
15.	15.	15.
Chaperone: _____	Chaperone: _____	Chaperone: _____

South Mountain YMCA



Cabin Assignments

Please complete this form and return it via mail or fax (610-670-5010) at least 30 days prior to arrival.
If you are occupying more than one Village, please make a copy of this form before filling it out.

Group Name: _____ Dates Attending: _____

Village (circle one): **Trailblazers** **Rovers** **Loggers** **Cubs**

Cabin #1	Cabin #2	Cabin #3
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
13.	13.	13.
14. Adult	14. Adult	14. Adult

Cabin #4	Cabin #5	Cabin #6
1.	1.	1.
2.	2.	2.
3.	3.	3.
.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
13.	13.	13.
14. Adult	14. Adult	14. Adult

South Mountain YMCA



Table Assignments

Please complete this form and return it via mail or fax (610-670-5010) at least 30 days prior to arrival.

If you are occupying more than nine tables, please make a copy of this form before filling it out.

Group Name: _____ Dates Attending: _____

MARK ALL ADULT NAMES WITH AN *

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Table # _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

South Mountain YMCA

PACKING LIST



Participants should limit to one suitcase/bag that they can carry unaided. Buses will unload in the main parking lot and participants are responsible for carrying all of their items to their cabin village.

PLEASE BRING:

raincoat or poncho

long pants or shorts (1 per day)
short or long sleeve shirts (1 per day)
underwear and socks (1 per day)

pajamas

sneakers and/or hiking boots

hat and sunscreen

1 pair of jeans/long pants for chilly evenings

1 lightweight jacket or windbreaker

1 sweatshirt, fleece, or heavy jacket

raincoat or poncho

bath towel and washcloth

soap, shampoo, comb and brush

toothpaste and toothbrush

shower shoes

sleeping bag & pillow (or sheets and blanket for twin bed)

flashlight (check batteries)

bug repellent

water bottle

raincoat or poncho

OPTIONAL:

water-proof boots

disposable camera

gloves & scarf (recommended for Nov-April trips)

chapstick

tissues

DO NOT BRING:

ELECTRONIC DEVICES (including cell phones, IPODS, etc.)

sports equipment (equipment is provided)

FOOD (including candy and gum)

weapons (guns, knives, etc.), explosives or fireworks

Because of the elevation, expect temperatures to be 5-10 degrees cooler at South Mountain YMCA than it would be at home

South Mountain YMCA

Outdoor Education
Pre-Trip Activities (Schools)



Preparing your students for their trip to South Mountain YMCA is an important part of the entire experience. We believe that pre-trip activities help your students to prepare for their resident experiences. Post-trip activities also help them follow up and build upon their experiences they had while here. These simple efforts will make their trip much more meaningful and memorable. Below are some suggestions for pre-trip activities. Let us know how these suggestions work for your group. Any additional ideas you might have for us would be helpful.

Letter to Myself: Have the students write a letter to themselves about their expectations of the upcoming trip. What are they looking forward to the most? The least? What fears do they have? What do they hope to get out of the experience? Seal the letters, hold them and then give them back after the trip.

Journal Writing: Journals are a very effective way for students to process and evaluate their experiences before, during, and after their resident stay. The students can make and decorate the covers of their journals and make appropriate entries about their expectations, hopes, and fears.

Photo Board or Collage: Set up a bulletin board of large sheet of paper where the students can display images of their trip. Plan to include pictures of photos of all aspects of their experiences: from planning what to take, meetings with teachers about expectations, pre-trip activities, the trip itself, and follow-up activities. Also include schedules, rules, and lists from the students' planning meetings

Scrap Book: One book can be made for the whole group or each student can make their own. A collection of scrap books for each visiting class can be started creating a timeline. Photos or drawings that describe planning and expectations can be the first entries. During the trip they can add more images, plus natural objects such as pressed flowers or leaves. Poems from a creative writing exercise, schedules, etc. can make great entrees. Students can make captions to explain the sequence of events that tells the story of their trip.

News Reporting: Give each student an aspect of their trip to report on for the whole group. Information they collect can be compiled into a school newspaper, flyer, or video news show. Some topics to report on could be learning activities, dining hall experiences, bus ride, or the staff of South Mountain YMCA.

Vocabulary: Study some of the key vocabulary words that will come up during your classes.

Skits: Divide the students into their activity groups and have them create skits showing what they think the trip will be like to them. They will begin to work on cooperating and getting to know each other better even before they arrive.

Behavior Contracts: Go over the rules and policies at South Mountain YMCA with your students. As a group you may want to come up with additional rules such as no fighting, no swearing, time limit in the bathroom, respecting each other, etc. Decide as a group what the consequences should be if the rules are violated. Write everything down on a big sheet of paper and have all the students sign it. Individual behavior contracts that go home and get signed by the parents as well as the students can be helpful.

OVERNIGHT PROGRAMS					
Arrival Day		Middle Day(s)		Departure Day	
				7:15 – 7:45	Move Out and Clean of Cabins
10:00	Group Arrives!	7:45	Servers to Dining Hall	7:45	Servers to Dining Hall
10:00 - 11	Check In and Move Into Cabins	8:00 - 9:00	Breakfast	8:00 - 9:00	Breakfast
11:00 - 11:20	Welcome in the Wigwam	9:00 - 10:30	Day Class	9:00 - 10:30	Day Class
11:20 - 12:00	Adult Orientation/Camp Tour	10:30 – 12:00	Day Class	10:30 – 10:45	Closing Meeting at Chapel
12:00	Servers to the Dining Hall	12:00	Servers to the Dining Hall	10:45	Load Buses
12:15 - 1:15	Lunch	12:15 - 1:15	Lunch	11:00	Group Departs
1:15 - 2:45	Day Class	1:15 - 2:45	Day Class		
2:45 - 4:15	Day Class	2:45 - 4:15	Day Class	Day Programs	
4:15 – 5:15	Trading Post Open & Group Games on A-Field	4:15 – 5:15	Trading Post Open & Group Games on A-Field	9:00	Group Arrives!
5:15	Servers to Dining Hall	5:15	Servers to Dining Hall	9:00 – 10:30	Day Class 1
5:30 - 6:30	Dinner	5:30 - 6:30	Dinner	10:30 – 12:00	Day Class 2
6:30 - 7:30	Free Time/School Led Activity	6:30 - 7:30	Free Time/School Led Activity	12:00 – 12:30	Lunch (bring their own)
7:30 - 9:00	Evening Class	7:30 - 9:00	Evening Class	12:30 – 2:00	Day Class 3
9:00-10:00	Village Time/Showers	9:00-10:00	Village Time/Showers	2:00 – 3:30	Day Class 4
10:00	Suggested Bedtime	10:00	Suggested Bedtime	3:30	Group Departs

*2 Day/1 Night Program combines Arrival Day and Departure Day

**1/2 Day Programs Depart at 12:30 PM

PROGRAM LIST

Our programs are divided into four main categories:

Recreational, Science-based, Teambuilding, and Cultural/Historical.

We also offer **Evening** and **Special** Programs.

All programs are 1.5 hours in length unless otherwise stated. If choosing a 45 min class, you may choose two classes for one period or plan to add a 45 min SMYMCA-led recreation period.

(Martin Property) indicates program conducted at our pond site and may require school-assisted transportation or be combined with a "Trail" program

* indicates that this is a "Trail" program and will be conducted while hiking our extensive trail system which may require moderate physical exertion

Recreational

Air Riflery

Archery

Court Sports (basketball & tennis)

Field Sports (soccer, kickball, frisbee golf, capture the flag, ultimate frisbee)

Fishing (Martin Property)

Mountain Boarding

Arts & Crafts (candle making, beading, etc.) - 45 min or 1.5 hr

Hayride 45 min – can combine with 'Hike to the Peak'

Hike to the Peak*

Natural Fine Arts (drawing, sketching, and painting inspired by nature)

Compass Basics

MapQuest 45 min or 1.5 hr

Orienteering

Outdoor Living Skills (basics of camping craft, backpacking, fire safety) – 45min or 1.5hr

Outdoor Cooking

Science-based

All About Trees*

Avian Adventures 45 min or 1.5 hr

Creepy Crawly Creatures 45 min

Down to Earth* (soil science, geology, rock cycle)

Equine Science (live horse encounter - available seasonally)

Fabulous Fungus* 45 min

Happenin' Herps (live reptile encounter) - 45 min or 1.5 hr

Habitat Basics* (basic ecology, food chains, interconnections)

Pond Study (Martin Property)

Tracks & Traces* 45 min

Watersheds Wonders

Wildlife Exploration* (Native PA animals, tracks, predator/prey relationships)

Teambuilding

Challenge I: Field Initiatives

Challenge II: Team Elements (Challenge I required as pre-requisite)

Low Ropes (Challenge I required as pre-requisite)

Climbing Tower

Survival Scenario

Cultural/Historical

Archeological Dig

Cemetery Study (group may have to assist in transportation to local cemetery)

Living History (varies depending on season)

Literary Escapades

Native American Studies 45 min or 1.5 hr

Special Programs (additional staff and equipment charges – available seasonally)

Arena Lessons (8 yrs min – limit 8 students per session)

Trail Rides (10 yrs min – limit 8 students per session)

Trap Shooting (min 3hr class – group size limitations)

High Ropes Course (12 yrs old min)

Underground Railroad Simulation (only offered in the evening – group size limitations)

Evening Programs

Alpha Beta Societies *45 min

Campfire

Capture the Flag

Counselor Hunt

Dutch Auction

Eco-Art

Large Group Initiatives *45 min or 1.5 hours

MapQuest

Mock Town Meeting

Drive-In Movie Night

Night Walk *45 min or 1.5 hr

Skit Night

The Night Sky *45 min or 1.5 hr

Quiz Show (jeopardy-style review & trivia)

Additional Activities

These outside vendors can be contracted to provide programs for an additional fee while your group is onsite at South Mountain YMCA. Our staff will coordinate times, spaces, reservations and payment at no additional cost.

Baskets In The Woods

Critter Caravans

Critter Guy

Pocono Wildlife Rehabilitation Center Raptor Program

Real Live Reptiles

Red Creek Wildlife Center Raptor Programs

Rehabitat, In Bird Program

Search and Rescue Dog Demos

Square Dance

Yoga