



PROGRAM LIST

Our programs are divided into four main categories:

RECREATIONAL · SCIENCE-BASED · TEAMBUILDING · 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, choose two classes to fit into one activity period or plan to add a 45 min SMYMCA-led recreation time.

(Martin Property) indicates program conducted at our pond site and will require school-assisted transportation for learning groups larger than 11 students 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 requires moderate physical exertion

RECREATIONAL

Air Riflery (min 8 yrs)

Archery

Court Sports (basketball & tennis)

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

Fishing (Martin Property)

Mountain Boarding (min 10 yrs)

Arts & Crafts (candle making, beading, seasonal crafts, 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 (OLS) (camping craft, backpacking, fire building) – 45 min or 1.5 hr

Outdoor Cooking (min 10 yrs)

SCIENCE-BASED

All About Trees*

Avian Adventures 45 min or 1.5 hr

Creepy Crawly Creatures (invertebrates including insects, worms, arachnids) 45 min

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

Equine Science (tack, grooming, horse behavior with a live horse encounter)

Fabulous Fungus* (hunt for these decomposers and dissect one) 45 min

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

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

Mammals (native PA mammals, tracks, predator/prey relationships)

Pond Study (Martin Property)

Tracks & Traces* 45 min

Watersheds Wonders

TEAMBUILDING

Challenge I: Field Initiatives (min 8yrs)

Challenge II: Team Elements (min 10 yrs - Challenge I required as pre-requisite)

Challenge Course (min 12 yrs - Challenge I required as pre-requisite)

Climbing Tower

Survival Scenario

CULTURAL/HISTORICAL

Archeological Dig

Living History (varies depending on season & other program choices)

Literary Escapades

Native American Studies 45 min or 1.5 hr

SPECIAL PROGRAMS (additional staff and equipment charges apply – available seasonally)

Arena Lessons (min 8 yrs – limit 12 per learning group) \$12 per person

Trail Rides (min 10 yrs – limit 8 per learning group) \$12 per person

Trap Shooting (min 12 yrs & 3hr class – limit 15 per learning group) \$5 per person

High Ropes Course (min 12 yrs) \$20 per person

Underground Railroad Simulation (evening program only – limit 5 learning groups) \$220 per program

EVENING PROGRAMS

Alpha Beta Societies (min age: high school)*45 min

Campfire Songs & Skits

Capture the Flag

Dutch Auction

Large Indoor Group Games *45 min or 1.5 hours

MapQuest

Mock Town Meeting

Drive-In Movie Night

Night Sky *45 min or 1.5 hr

Night Walk *45 min or 1.5 hr

Talent Show/Skit Night

Quiz Show (jeopardy-style review or 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

Search and Rescue Dog Demos

Square Dance

Yoga