



YMCA Camp Hi-Rock

Fall, Winter, Spring Programming Guide

The YMCA Camp Hi-Rock Outdoor Education program seeks to bolster that which students are currently learning in the classroom. Through a variety of programs and classes, students who come to camp will gain a better understanding of the world around them and then bring those skills back into the classroom when they leave. Students who go through outdoor education programs are shown to develop; a sense of self, independence, confidence, creativity, decision-making and problem-solving skills, empathy towards others, motor skills, self-discipline and initiative.

Our program is designed to include the Massachusetts standards that are required in the classrooms already, outlined class by class with which they are able to assist. We offer the chance to either come to our on-site location in Mt. Washington, MA or we can bring our classroom to you! This applies to all students and classrooms for grades K-12!

Included in the curriculum:

1. Animal Ecology
2. Aquatic Ecology
3. Forest Ecology
4. Night Hike
5. Sustainability
6. Insect Ecology
7. Outdoor Cooking
8. Orienteering

Included in the Camp Hi-Rock Program:

1. Low Ropes (Team building)
2. High Ropes/Challenge Course
3. Climbing Tower
4. Archery
5. Blacktop Games
6. Field Games
7. Waterfront (Weather permitting)
 - This includes: Swimming, Sailing, Paddleboards, Kayaks, Canoes.
8. Evening Programming (Big Group Games)
 - These can both/either support the outdoor education component or simply be a fun experience for all!
 - Also, campfires!
9. Blacktop & Field Games

Programming Rates:

Activity:	Group Size Limit/Hour*	Price/Hour	Flat Rate
Animal Ecology	15	\$99	
Aquatic Ecology	15	\$99	
Forest Ecology	15	\$99	
Night Hike	15	\$99	
Sustainability	15	\$99	
Insect Ecology	15	\$99	
Outdoor Cooking	15	\$77	
Orienteering	14		\$145 (2 Hours)
Low Ropes (Team building)	15		\$121 (2 Hours)
High Ropes/Challenge Course	10**	\$154	
Climbing Tower	10**	\$88	
Archery	10	\$77	
Blacktop Games	20	\$77	
Field Games	20	\$77	
Short Hikes	15	\$77	
Challenge Hikes	20		\$145 (2 Hours)
Arts & Crafts	20		\$99 (2 Hours)
Evening Programming	None		\$88 (1.5 Hours)
Day Rate/Person On Site			\$25
Off-Site Travel Fee			Mileage Fee

*There is flexibility with group numbers, these are the recommended limits in order to create a positive experience and learning environment for participants.

**We are able to get 4 participants on the course at a time and can get many more up within a 2-hour period, which is the minimum time that we would recommend for a good ropes experience.

Waterfront Rates:

Waterfront Options:	Price/Hour
Open Waterfront - Swim & Boat up to 50 Participants	\$110
Open Waterfront - Swim & Boat over 50 Participants	\$165
Open Waterfront & Inflatables up to 50 Participants	\$173
Open Waterfront & Inflatables over 50 Participants	\$226
Boating (Max 20 Boats)	\$77
Swimming (Max 25 People)	\$77

*We are more than happy to open our waterfront to participants of all ages! As we live up on a mountain, we do run into certain cold weather situations as we enter the autumn and spring seasons. If waterfront programming is part of your plan during these seasons just let us know and we will work something out!

THE OUTDOOR EDUCATION CURRICULUM

Animal Ecology

Animal ecology: "focuses on the interaction between animal populations and their wider environment, the ecosystem. The environment can be natural or affected by human intervention, i.e. an agro-ecosystem." Through these activities and their debriefs, we are able to impart lessons about our native environment.

Here at camp, we look at the animals that are native to the New England region and how they both thrive and survive in their ecosystems! While native animals are our focus, we do touch on other ecosystems and how they work in comparison to our own!

Activities related to Animal Ecology:

- Deer Ears
- Oh Deer
- Predator vs. Prey
- Creature Crawl
- Camouflage
- And so much more!

Aquatic Ecology

Aquatic ecology is defined as: "the study of the plants and animals that live in our rivers and streams and their interactions. These organisms are very sensitive to changes in water quality." Here at Camp Hi-Rock, our location allows us access to lakes, rivers and streams that are at the top of our watershed, allowing for a unique look into our aquatic environment. We boast a variety of aquatic wildlife as well, such as: fish, blue herons, beavers, water snakes and so much more! Through these ecosystems, we have the ability to instruct on a variety of aquatic ecology subjects.

Activities related to Aquatic Ecology:

- Water Cycle (Dice Game & more)
- Water Quality Testing (By what lives in the water!)
- Paper Watersheds
- Macroinvertebrates
- Stream Creation
- And so much more!

Forest Ecology

Forest Ecology is defined as: "Forest ecology is the scientific study of the interrelated patterns, processes, flora, fauna and ecosystems in forests. The management of forests is known as forestry, silviculture, and forest management."

Here at Camp Hi-Rock, we are lucky to be located on 1,000 acres of beautiful Berkshire forest. Through this acreage, we have an amazing variety of trees and other plants to teach from!

Activities related to Forest Ecology:

- Meet a Tree
- Tree Journals
- Build your Forest Community
- Build a Tree!
- And so much more!

Night Hike

Night hikes are an opportunity to look at camp from (literally) a new point of view! An evening program once the sun starts to set, this program invites campers to take a look at what happens when the sun goes down.

Participants will engage with a variety of different activities that range from those related to ecology classes (i.e. Deer Ears at night, does anything change?), the science behind sight, to stargazing, legends and more! This fun activity can also take place after an evening program, so we can have double the fun in one night!

Sustainability

Sustainability is at the core of what we do here at camp; we want Hi-Rock to be around here for generations of campers to enjoy it! Sustainability is something that can come about in a number of ways for us, through programming during the day, to the 'ORT Report' at meals!

Activities related to Sustainability:

- The ORT Report: Where we connect food waste and energy to help participants 'plug into' the Food Web and realize where our food comes from!
- Compost Casserole
- Gardening
- Seed Bombs
- And so much more!

Insect Ecology

Insect Ecology is defined as: "the scientific study of how insects, individually or as a community, interact with the surrounding environment or ecosystem." With the different biomes that are here at camp, our insect life is coming out of the woodwork (sometimes literally!). We have a lot of different ways and places to study them: from the water, to land and everywhere in-between! There is some insect ecology related to Aquatic Ecology as well!

Activities related to Insect Ecology:

- Bee & Bug Hotels
- Native Pollinators
- Butterfly Business
- And so much more!

Outdoor Cooking

Outdoor cooking is a great way to introduce kids to cooking and making their own food! It's also a great opportunity to practice decision making and allow students to learn to trust their gut (literally) and make judgments. There are a lot of recipes that we can make, catering to all allergies and dietary restrictions that participants may have!

Recipes for Outdoor Cooking Include:

- S'Mores
- Goose Eggs
- Sugar Cones
- Damper
- Savory Sandwich Melts
- Sandwich Pies
- And so much more!

Orienteering

Orienteering is the practice of using a compass and map to find your way around a given area. With over 1,000 acres at our disposal, Hi-Rock has some great orienteering opportunities on the property! This class has a few permutations depending on the level of the participants involved (either learned here or coming in). We start with teaching about pace and how to measure that, to compass directions, followed by a variety of orienteering challenges using pace count and compass points. Depending on the interest and skill level of the group, we have a variety of challenges available to them!

Included in the Camp Hi-Rock Program:

Low Ropes (Team building)

At Camp Hi-Rock we have a variety of structured elements built on the property that are designed to facilitate team building, problem-solving and community within a group! Appropriate for all ages, these static elements also allow participants to challenge themselves in ways they hadn't imagined before and help them push their comfort zone!

Staff are also trained on a variety of non-static low initiative activities that can be done outside of the course anywhere on camp, also age appropriate for all participants.

High Ropes/Challenge Course

An 8-element course located on property, the Camp Hi-Rock High Ropes course offers **participants aged 12+** to literally reach new heights and try something new! The course starts with a Giant's Ladder access climb, followed by the opportunity to try out all six at-height elements. To dismount from the course, we have a short zip line that participants get a taste of self-belaying at the end!

Also included in the Challenge Course is the Leap of Faith. This element involves climbing up a tree to a platform, where participants then, with a team and staff belay holding them up, have the option to jump out and try to tag the buoy that's hanging out in front of the platform.

As well, we have what's called the 'Dangle Duo', which involves a giant's ladder where two harnessed participants can race each other up either side (racing is not mandatory!).

The challenge course is a 'Challenge by Choice' area, where participants can talk about comfort zones and what it looks like to safely expand those. It's a great opportunity for participants to challenge themselves in new and exciting ways, even those who may have done such activities before!

Climbing Tower

The climbing tower is an all-ages portion of the challenge course that gives many participants their first intros to climbing and the world of challenge courses! With two faces featuring a total of four routes to choose from, the climbing tower truly embodies the 'Challenge by Choice' mantra that we live by. Each of the faces features different difficulty points and offers climbers the chance to challenge themselves and try new things!

Archery

Archery is a classic camp activity, appropriate for participants of all ages! We host four targets that can be set at a variety of ranges, depending on how participants would like to challenge themselves and their skill levels that day. Coming with some experienced archers (or just want to make the day more fun)? We have a variety of games that can move the challenge from hitting a bullseye to something wacky and fun!

Waterfront

Coming in at 100 acres, Plantain Pond at Camp Hi-Rock is the jewel of our site! Offering boating, canoeing, paddle boarding, swimming, kayaking and an iceberg (a 14-foot inflatable climbing tower), the waterfront has so much to offer! As long as you are brave enough and the weather allows, we open the waterfront as soon as we can in the spring and keep it open as long as possible in the fall, so come and have some fun in the sun out here!

Interested in challenging yourself or seeing some more of the lake? Camp Hi-Rock has a few long-distance swims that we offer, such as: across the lake, to North Rock, to Bear Rock Lodge, or even the White Whopper (aka our Around the Lake challenge!).

Hikes

Backed by the Appalachian Trail's dreamy Berkshire locations, Camp Hi-Rock has a number of both long and short hikes that we're able to guide you on! From our on-camp locations of Hi-Rock (the one and only!) to Elephant Rock and the Lisk Loop, to the Appalachian Trail with Bear Rock Falls, Sage's Ravine, Bear Rock Mountain, Mt Everett and Eagle's Perch; we've got something for everyone here!

Evening Programming

Looking for a little something more after dinner? We've got you! Evening programming can take on a number of different forms, such as: large group games either all around camp or on the ballfields, campfires with songs and s'more roasting, night hikes, night high ropes and more! Have an idea in mind you're hoping for? Just let us know and we'll see what we can do!

Blacktop & Field Games

Test your skills with a game of basketball, or try your hand at pickleball (one of the fastest growing sports out there!). Are soccer and kickball more your speed? Because we've got you covered there too! While these areas are always open, our staff are able to teach and help facilitate these games with your campers! Our blacktop area has the potential to play: pickleball, tennis, basketball and floor hockey, while our field games include: soccer, kickball, flag football, frisbee, wiffle ball and so much more!