

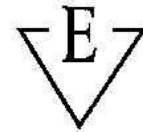
**YMCA Camp
Eberhart
2010 -11
Curriculum
Guide**

CURRICULUM GUIDE FOR 2010 - 11

AVAILABILITY KEY:

S = Spring
W = Winter
F = Fall

YMCA CAMP



EBERHART

Since 1909

ANIMAL ADAPTATIONS (S, W, F)

Jump, crawl, fly, walk, or slither your way to learn why and how animals have adapted to survive within their ecosystem.

CLASS STRUCTURE:

- Introduction to animals, adaptations, and predator/prey concepts.
- Discuss the needs and adaptations of different animals.
- Look at different types of animal skulls, pelts, feathers, wings, feet, scales, and body structure.

ACTIVITY: Trek to our nature hut and view our great wildlife specimens. Play our many Animal Survival Games that stresses animal adaptations for survival.

ARCHERY (S, F)

Shoot into the world of archery by learning to safely use a recurve bow as well as the history behind the sport of Archery.

CLASS STRUCTURE:

- Brief history on the bow and arrow.
- Safety rules

ACTIVITY: Safely use a bow to shoot arrows at a target.

DIG LITTLE WORLD (S, F)

Take an adventure into the life going on under your feet and investigate the happenings of the first 1 inch above our Earth's surface.

CLASS STRUCTURE:

- Introduction to life happening at a macroscopic level.
- Explain the community and population concepts in this setting.
- Discuss the lives of various common insects and how they impact our world.

ACTIVITY: Take an up close and personal look at the ground we walk upon.

BIRDS OF A FEATHER (S, F)

Flap your wings and come join us for an exciting trip into the world of birds to discover the different adaptations birds have made to survive.

CLASS STRUCTURE:

- Introduction to the different type of physical and/or behavioral characteristics of birds.
- Discuss how the different adaptations have helped birds survive.
- Observe different bird species and determine different adaptations they have made.

ACTIVITY: Play a hands-on game that allows you to discover how and why birds eat different things by using different types of "beaks" to "eat."

CANOEING (S, F)

Learn the history of the canoe, the parts of the paddle, and how to safely maneuver around Corey Lake.

CLASS STRUCTURE:

- History of the canoe.
- Rules about the canoeing experience.
- Parts of the paddle (and canoe if time permits)
- Different paddling techniques.

ACTIVITY: Canoe around Corey Lake and observe the natural world from a canoe.

CLIMB TIME (S, F)

Take confidence building off the ground and utilize our 32' climbing wall, stressing the team cooperation theme.

CLASS STRUCTURE:

- Go through how to put on a harness, tips on climbing, belay techniques and other safety tips.
- Climb the Wall!

NOTE:

- *Group maximum for one staff person is 20 participants.*
- *Extra fee of \$6.00/person.*
- *Release forms for all participants will be required prior to climb.*

COMMUNITIES FROM A CANOE (S, F)

Take canoeing to another level and combine the experience with the Lake Communities class to bring learning to another level.

CLASS STRUCTURE:

- Rules about the canoeing experience.
- Basic canoeing instruction and getting settled in your canoe.
- Follow your instructor on a journey around Corey Lake.
- Introduction to the difference between a lake and pond.
- Discussion on lake succession.
- Habitat and species discussion that flows into the food chain.

ACTIVITY: View the different parts of the Corey Lake from a canoe.

COULD YOU SURVIVE? (S, F)

What do we really need to survive? Learn basic sense of survival and the difference between needs and wants. Then implement fire and shelter building skills in an outdoor situation.

CLASS STRUCTURE:

- Introduction to wants and needs (food, water, shelter and fire)
- Debris hut building
- Fire building
- Basic survival techniques

ACTIVITY: A game that focuses on what we really need vs. what we want to take for survival.

CRAZY COMMUNITIES (S, W, F)

Investigate the differences between a deciduous and a coniferous forest and the parts of each community.

CLASS STRUCTURE:

- Introduction on what living things need to survive in the forest.
- Deciduous forest-what it is and the different levels of vegetation.
- Coniferous forest-what it is and why there are few levels of vegetation.
- Discuss what species of animals live in each.

ACTIVITY: Hike to visit both forest types and see how they differ with the use of soil samples, thermometers and basic vision.

CROSS COUNTRY SKIING (W)

Receive a brief introduction to the sport of Cross-country skiing and the skills needed to use the equipment involved.

CLASS STRUCTURE:

- History of the cross-country ski.
- Basics about how to use equipment
- Ski on the trails of Camp Eberhart.

DON'T TRASH ME (S, W, F)

Investigate the dilemma facing our Earth in the form of pollution.

CLASS STRUCTURE:

- Definition of pollution and the different types.
- Discuss the different approaches to combating pollution.
- Ways to be "green."
- Ways to reduce your environmental footprint.
- Reduce, Reuse, Recycle

ACTIVITY: Play the pesky pesticides game. Help us in building Eberhart's own compost heap.

DON'T THREATEN ME (S, W, F)

Investigate the threats facing many of the world's amazing wildlife species.

CLASS STRUCTURE:

- Definition of species endangerment, threatened species, and species of concern.
- Discussion of ways animals become endangered.
- Identify some of the endangered species of the world.
- Endangered species of Michigan.

ACTIVITY: Play the endangerment game.

EBERHART QUIZ SHOW (S, W, F)

Save some time at the end of your stay for the Eberhart Quiz Show. This game, played like Jeopardy, gives the students a way to remember and reflect on what they have learned at camp.

ENVIRONMENTAL TIME TRAVEL (S, F)

Take a journey through the succession stages of forests and see how time can be everything.

CLASS STRUCTURE:

- Explanation of succession and the different stages of forest growth from disturbance to climax.
- Discuss the different types of disturbances.
- Discuss what plant and animal life thrives in each stage of succession.
- Discuss why a wildlife or forest manager would want to keep an area in a certain stage of succession.

ACTIVITY: Nature hike to different areas of Eberhart in different stages of succession.

FOREST MANAGEMENT (S, F)

Increase the basic understanding of what we get from our forests, why we need to take care of them and how we can do something ourselves through forest management.

CLASS STRUCTURE:

- Introduction on why it is important to manage our forests.
- Forestry discussion, clear cutting and selective cutting.
- Briefly discuss forest succession stages.
- Discuss why a manager would want to keep a forest in a certain stage of succession.
- Learn the ways to age a tree.

ACTIVITY: Go out to the forest and age trees using various methods. Students will also observe the different types of forests and succession stages.

GONE SENSELESS (S, W, F)

What happens when you lose one of your senses? Find out the importance of the five senses and experience nature with a temporary loss of one.

CLASS STRUCTURE:

- Introduction on five senses
- Discussion on how you compensate when one sense is lost.

ACTIVITY: Many activities to increase the awareness of the senses.

GROUP DYNAMICS (S, W, F)

Promote group development and team co-operation by overcoming obstacles on the group dynamics course.

CLASS STRUCTURE: Elements and activities on our course.

High Ropes Course (S, W, F)

Experience Eberhart from above, through voluntary participation in our high ropes challenge course, that invites students to conquer their fear of heights in a safe activity.

CLASS STRUCTURE:

- Basic terminology
- Orientation includes equipment lesson and demonstration.
- Opportunity to climb our 15' or 30' ropes course.

NOTE:

- *Participants under 13 may participate on Single Obstacle Belay, while those 13 and older may challenge themselves with the self-belay system.*
- *A minimum of two staff are required for this activity and no more than 25 participants in any one group is recommended.*
- *Extra fee of \$12.00/person.*
- *Release forms for all participants will be required prior to climb.*

HORSE SCIENCE I (S, W, F)

Trot on over to our horse barn and learn about horses from mane to tail.

CLASS STRUCTURE:

- How to act around a horse and basic safety tips.
- How to groom a horse.
- Basic terminology and parts of the horse.
- Habitat and place in the food chain
- The horse as prey – defenses and adaptations
- How they survive domestically
- Behavior, safety rules and grooming

ACTIVITY: Meet our horses while you touch and groom them.

NOTE: *There is no actual riding in this class.*

HORSE SCIENCE II (S, W, F)

Sit in a saddle for a bit and gain knowledge about horses as well as experience around and on a horse!

CLASS STRUCTURE:

- Condensed version of Horse Science 1.
- ½ of class rides, other half participates in Horse Science and “meet our horses”
- Opposite of above

NOTE:

- *Extra fee of \$12.00/person to ride.*
- *All students must be able to ride!*
- *School needs to provide 2 extra staff (parent or teacher) to help with this class.*
- *Release forms for all participants will be required prior to ride.*

IN A CLASS OF THEIR OWN (S, W, F)

Explore the world of wildlife classification from Kingdom to species, and build a basic understanding of why using scientific names is so important.

CLASS STRUCTURE:

- Brief history of scientific naming.
- Why Latin?
- Classification from Kingdom to species.
- Discussion of the benefits of using scientific naming
- Explanation of what classification is and why it is so important to scientists.
- Discuss how and why certain wildlife was classified.
- Discuss each part of the classification system and where local wildlife fits in.
- Talk about how you would classify things if you were in charge and how it’s different than the current system.

ACTIVITY: Play several classification games where you become the scientist.

INDOOR INITIATIVES (S, W, F)

Build confidence in yourself and trust in each other by working as a team to complete various tasks.

CLASS STRUCTURE:

- Use problem solving skills and teamwork
- Complete various tasks and games which build group cooperation, trust and confidence.

LAKE COMMUNITIES (S, F)

Increase the understanding of lake communities through hands-on activities, the use of the microscopes to view microorganisms, and an introduction to the ecology of and the food web within a lake.

CLASS STRUCTURE:

- Introduction to the difference between a lake and pond.
- Discussion on lake succession.
- Discuss the Lake Community as a whole and its parts.
- Habitat and species discussion that flows into the food chain.

ACTIVITY: Wade in the lake to collect samples to view through the microscopes.

NATIVE AMERICAN STUDIES (S, W, F)

Gain a basic understanding of how the Native Americans of Michigan lived, communicated, and recreated.

CLASS STRUCTURE:

- Introduction to tribes in Michigan and types of Indians
- Discussion on food, family roles and communication the Native Americans used
- Native American games
- Native American stories
- The legend of the dreamcatcher.

ACTIVITY: Play Native American games. Make a dreamcatcher or other Native American craft.

NATURE HIKE (S, W, F)

Hike to a deeper appreciation for nature by exploring for yourself, while instilling the principle of “Leave No Trace” so that everyone can appreciate nature without taking something from it.

CLASS STRUCTURE:

- Introduction to the hike to set the tone.
- Discuss the concept of “Leave No Trace.”
- Hike to various places around camp, including our swamp deck, to investigate nature.

ACTIVITY: Nature Hike

OLD TIME CRAFTS (S, W, F)

Gain a basic understanding of how the early pioneers lived. Make crafts using similar techniques to those used in the early pioneering days.

CLASS STRUCTURE:

- What is a pioneer?
- Introduction to pioneer life and daily work.
- Participate in making a craft.

ACTIVITY: Candle making, rope making, and pioneer games.

NOTE: *Extra fee of \$1.00/person for wax and butter making supplies.*

ORIENTEERING AND TOPOGRAPHY (S, W, F)

Gain a basic understanding of how to read, understand, and use a compass as well as a basic understanding of map reading, interpretation and use.

CLASS STRUCTURE:

- Introduction to topography
- How to read a map
- Map symbols
- Introduction to the compass and history behind it
- Parts of a compass
- How to use a compass
- Orienteering course A and/or B

OWL TREK (S, W, F)

Soar to a greater knowledge of and respect for owls by learning the importance of owls in the food chain and their unique diet.

CLASS STRUCTURE:

- Introduction to the owl
- Features and Adaptations
- Digestive System/Owl Pellets

ACTIVITY: Night time Owl Hunt with tape recorded owl calls. Owl pellet dissection if desired.

NOTE:

- *Extra fee of \$2.00/ owl pellet.*
- *Will need to order owl pellets ahead of time, please contact OE Director at least one month prior to visit if you wish to add this to your experience.*

SNOW-SHOEING (W)

Learn a history of Snowshoeing and the proper way to use the snowshoes.

CLASS STRUCTURE:

- History of snowshoeing
- Brief instruction

ACTIVITY: Snowshoe game and hike

NOTE: *Max weight 110lbs.*

STARRY NIGHT (S, W, F)

Enhance the evening experience and learn how a telescope works. Observe the stars and constellations in the night sky, as well as find sun spots on our own star.

CLASS STRUCTURE:

- Introduction on equipment and space.
- Telescope Lesson -How does it work? Students will get to use the telescope to find objects in the distance.
- Sun Spots – Find sunspots and record them.
- Constellation and Star ID with computer programs and “star dome”
- Prepare for night watch by learning about the moon and the stars they will see that night.

ACTIVITY: In the evening, use our high tech telescopes to observe the night sky.

TRACKS AND SCAT (S, W, F)

Take a closer look at the fascinating indications that an animal has been in the area by observing the tracks, scat, and other signs that an animal has been present.

CLASS STRUCTURE:

- Introduction to tracking
- How to tell the difference between the prints and patterns
- Basic tracks
- Basic differences in animal scat.
- Animal signs

ACTIVITY: Hike to find signs of animal life and make plaster casts of animal tracks.

TREE-MENDOUS TREES (S, F)

Obtain an Introduction to Camp Eberhart's tree population, giving basic examples of identification and aging.

CLASS STRUCTURE:

- Introduction to trees
- Discovering trees – students will be detectives trying to find out what the different trees are. Students are given sheets and books to take on their hike.
- Learn the ways to age a tree.

ACTIVITY: Trek into the forest to observe and age trees using various methods.

TUBING (W)

Learn how to safely enjoy the sport of snow tubing.

CLASS STRUCTURE:

- Safety rules
- Tubing

WETLAND COMMUNITIES (S, F)

Tromp to the swamp to observe and understand what a wetland is composed of and how it is different than a lake or other body of water.

CLASS STRUCTURE:

- Wetland description/Introduction
- Use supplies and a data sheet to record what they find

ACTIVITY: Hike to our swamp and discover the amazing world of a swamp on our new dock!

WHAT'S IN A NAME? (S, W, F)

Build a basic understanding of why using scientific names is so important.

CLASS STRUCTURE:

- Brief history of scientific naming.
- Why Latin?
- Classification from Kingdom to species.
- Discussion of the benefits of using scientific naming

ACTIVITY: Hike and observe different species and discuss their scientific names.

WHERE DID YOU COME FROM? (S, W, F)

Investigate the growing problem of species invading areas and choking out native species.

CLASS STRUCTURE:

- Explanation of the term Invasive Exotic.
- Discuss the different ways and reasons exotics are brought to different countries.
- Explain the impact exotics have on native species and why they so often become so invasive.

ACTIVITY: Hike and observe different exotic species and discuss where they came from and why they were originally brought to the United States. In the spring and fall, you can help us keep Eberhart's vegetation as native as possible by working with us to pull garlic mustard, an invasive exotic that threatens to take over parts of the understory vegetation in much of the U.S..

WILD WILD WEB (S, W, F)

Weave into the web of life through an interactive look at the food web.

CLASS STRUCTURE:

- Introduction to food chains and how they form food webs.
- Discuss predator vs. prey vs. plant life.
- Discuss the different types of animal relationships (i.e. mutualism, parasitism, etc.)

ACTIVITY: Play the food web game where everyone becomes a different part of the web of life.

WINTER ECOLOGY (W)

Focus on the amazing changes our natural environment undergoes when winter arrives. Learn what ecological changes take place and how plants and animals adapt to this chilly time of the year.

CLASS STRUCTURE:

- Introduction to ecology and winter
- Students will calculate the amount of water on the land
- Animal adaptations

WINTER SURVIVAL AND SNOW MOUND BUILDING (W)

Discuss the importance of staying warm in a survival situation and learn how to build a fire, collect water and construct a shelter using what we find in the woods.

CLASS STRUCTURE:

- Introduction to wants and needs (food, water, shelter and fire)
- Snow mound building
- Fire building
- Solar still if time permits

WINTER TRACKING AND BIRDING (W)

Be introduced to the basic methods of bird and animal track identification and an exploration of the woods to find interesting winter life.

CLASS STRUCTURE:

- Tracking basics
- Birding basics
- Hike – students will go out and try to find tracks and birds in the woods or camp area. A bird blind and feeders will be used to observe the birds.

RECREATION OFFERINGS CURRENTLY INCLUDE:

- Basketball
- Soccer
- Baseball/Softball
- Kickball
- Sand Volleyball
- Fishing (Must bring own equipment)
- Parachute Games
- Frisbee
- Disc Golf
- Ice Skating
- Flag Football
- Tennis
- Group Games
- Winter Tubing
- Pillo Polo
- **Staff Choice**

EVENING PROGRAMS OFFERED

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

CAPTURE THE FLAG: This camp classic has the students in two teams searching through the woods and fields for the other team's flag. Put the opposing team in jail or run to try to find the other teams flag, but watch out for those tricky hiding places!

DUTCH AUCTION: A fun team activity where various, random items or skills are called for, E.g. a green sock, a person who can wiggle their ears, the smelliest shoe, etc...

EGG DROP: Students will receive a bag full of random objects (straws, marshmallows, cups, tape...) to make a contraption that will save their egg from being broke when dropped off our balcony. This activity provides the students with teamwork along with science skills to save their egg!

MEET YOUR COUNSELOR/TEACHER: This fun and interesting activity starts out by the students in groups asking a teacher or Eberhart instructor questions about themselves. Then the students are given a list of questions that they need to answer without their instructor/teacher there. For example: What is their favorite TV show? This game provides the students with a way to get to know their teacher, adult chaperone or instructor a little more personally.

NIGHT HIKES: More than just a walk through the woods, this session includes games, activities and demonstrations to prove to the students that their night vision can be far better than they had imagined. Students will learn about the parts of the eye and their functions.

OWL TREK: The evening portion of the Owl Trek class. Before heading out in search of this fascinating bird of the night, students will understand what makes these raptors so special. Out on the trail, taped calls are used to try and lure in species such as Screech and Great Horned Owls.

RELAYS: We have many different relay games that we play in our Athletic Field. From your basic team relay to crazy relay games that make the students laugh and cheer on their teammates!

SING DOWN: Another team activity where students perform together, singing the line of a well known song containing the designated word. E.g. "If you're **happy** and you know it..." or "**Happy** birthday to you..."

STEEPLECHASE: Written clues are given to the students, which leads them on a course through all the areas of camp. This fun and exciting game has the students figure out riddles and clues to get to the next place.