



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP ST. CROIX OUTDOOR EDUCATION & ADVENTURE PROGRAMS

Year-round opportunities to connect with,
and through nature

Types of programming offered:

- ▶ Team Building [pp. 2-5](#)
- ▶ Earth Science & Ecology Classes [pp. 6-8](#)
- ▶ Agricultural Education Classes [p. 9](#)
- ▶ Outdoor Skills Classes [pp. 10-11](#)
- ▶ Large Group Activities [pp. 12-13](#)
- ▶ Evening Activities [pp. 14-16](#)

**FOR MORE
INFORMATION:**

Contact our Senior Camp Program Director
at
nick.duchow@ymcanorth.org

TEAM BUILDING



GROUP CHALLENGE INITIATIVES

Initiatives are series of ground based games that encourage creative problem solving, critical thinking, and perceived risk-taking. These programs encourage participants to also develop greater awareness to personal choice, effective communication, trust, and teamwork.

LOW ELEMENTS CHALLENGE COURSE

Our Low Elements are a series of obstacles that encourage creative problem solving, critical thinking, and risk-taking. These programs encourage participants to develop effective communication, trust, support, collaboration and effective utilization of strengths.



TEAM BUILDING



CLIMBING TOWER

Grades 5+

We have two 30-ft, outdoor climbing towers and one 25 ft indoor wall for year round climbing. Our experienced facilitators can create an introductory or challenging climbing program to accommodate all ages and skill levels. These programs encourage participants to develop personal goal setting, perseverance, encouragement, and trust.

ZIP LINE

Grades 5+

The zip line can be done in combination with any other program option or as a stand-alone event. Participants climb up 25 feet and then slide down our zip line to a safe landing. Emphasis is on fun, personal challenge, and overcoming fears.



TEAM BUILDING

INDIVIDUAL HIGH ROPE ELEMENTS Grades 5+

For Individual High Teams Elements, one participant is on an element at a time. The rest of the team is on the ground supporting their team member either physically and/or emotionally through positive encouragement. These elements encourage participants to develop an inclusive mindset for all abilities with an emphasis on personal challenge and character development.

GIANT'S SWING

A participant is attached to a large swing apparatus and pulled by their group to the height the participant chooses. The participant detaches from the pulling rope and into a thrilling swinging experience.



LEAP OF FAITH

Participants ascend to the top of a utility pole and stand at the top. They then gather their confidence to leap off and reach the goal rope. A true test of courage and trust in yourself.

TEAM BUILDING

TEAM HIGH ROPES ELEMENTS Grades 5+

These Team High Ropes Elements are 20-25 feet high. Here, two participants work together to complete each challenge element while the rest of the team supports either physically and/or emotionally through positive encouragement.



GIANT'S LADDER

A pair of participants works together to climb an over-sized rope ladder. The pairs practice planning, strategizing and reviewing to complete their goal. A great physical challenge that encourages problem solving and teamwork.

COMMITMENT BRIDGE

This element is comprised of two low-lying wires that form a "V." The members of the group form two-person partnerships which then face the challenge of moving along the widening wires, supporting each other as they proceed as far as possible.



MULTI-VINE

A team of two participants ascend to the top of a utility pole. They then work together using the spaced out ropes suspended above them to get from one end of the wire to the other.

EARTH SCIENCE & ECOLOGY CLASSES



AQUATIC ECOLOGY

2 Hours - Spring & Fall

Study pond life as an environmental indicator of an ecosystem's health. Participants will have an opportunity to collect and examine water samples, study aquatic life forms, and discuss their importance in determining water quality.

PRAIRIE PATHWAYS

2 Hours - Spring & Fall

Explore a restored prairie habitat, which once was a part of a larger prairie that covered the whole Midwest. Trails throughout the 20 acre prairie will give the opportunity to learn plant and animal adaptations up close.



MAPLE SYRUP

1 Hour - February & March

Maple syrup was a traditional food product of the early Native Americans that everyone now enjoys. We will provide you the chance to take part in the process of making syrup from the sap that's collected from our maple trees. Everyone will get to enjoy a taste of syrup! This course is available in February and March, while the sap is flowing.

EARTH SCIENCE & ECOLOGY CLASSES



DISCOVERY HIKE

2 Hours

Take an extended exploration of Camp St. Croix with a focus comparing and contrasting two of our ecosystems on camp. Learn about the prairie, forest, ravines, or riparian zones. Concepts will be related to ecosystems and environmental stewardship.

RIVER WALK

2 Hours

Walk the banks of the St. Croix River while discussing water's role in our ecosystem and discovering the effect of human impact on our water supply. Participants will examine the features of the earth's surface in the study of watersheds, their connection to each other and the water cycle.



TREE-MENDOUS FORESTS

2 Hours - Spring & Fall

Learn the internal and external structures of plants and trees, how they grow, and their nutritional needs. While on a hike through different forest habitats, students will learn of the importance of various plants, animals, and trees in the forest ecosystem.

EARTH SCIENCE & ECOLOGY CLASSES



MAMMAL STUDIES

2 Hours

Learn about many of the unique adaptations that allow mammals to withstand such conditions as extreme temperatures, scarce food, or drought. This class is full of activities and exploration to illustrate the adaptations of our local mammals.

WINGED WONDERS

2 Hours

Birds occupy important places within many ecosystems and come in an amazing number of shapes, colors, and sizes. Learn how bird adaptations are important to many of our own local bird species and the habitats in which they live.



AGRICULTURAL EDUCATION



UP CLOSE WITH VEGETABLES AND SOIL 2 Hours - Fall Only

Learn crop physiology and explore the soil ecosystem right on the farm. This class is designed to foster important connections between the food we eat and its origins from the soil. Participants will gain an understanding about the practicality of home gardening and how they can grow food in their own backyards.

CHICKENS!

2 Hours - Spring Only

Learn all about chickens! Learn to identify the breeds of different chickens and the eggs they lay. Participants will get the opportunity hold a chicken and learn about how their unique digestive systems work.



OUTDOOR SKILLS CLASSES



OUTDOOR SURVIVAL

2 Hours

Learn valuable basic survival skills and strategies that will get you through the direst circumstances. Participants get the chance to build fires and shelters to 'survive' in the wilderness.

ORIENTEERING

2 Hours

This class focuses on the basics of map and compass use. Complete our orienteering course by finding several points located around Camp St. Croix, putting into practice what you've learned.



OUTDOOR SKILLS CLASSES



ARCHERY

2 Hours - Spring & Fall

Using the same equipment and practices as the National Archery in Schools Program, get an opportunity to learn the basics of archery, a great outdoor skill.

CROSS COUNTRY SKIING & SNOWSHOEING

2 Hours

Experience the joy and beauty of winter outdoors while learning sports that are rich in history, easy, safe, good exercise, and fun!

A minimum of 3" of snow is required



LARGE GROUP ACTIVITIES



PREDATOR VS. PREY

2 Hours – minimum of 35 of participants

This game of ultimate survival tag is a fun and exciting way for students to learn of the intricacies of a food chain and the basic needs for survival by assuming the roles of various animals within the environment. Survival depends upon understanding the predator-prey relationship and overcoming "limiting factors" within the environment.

GROUP'S CHOICE

Camp will have some of its popular choice activities open for students to visit. Arts N Crafts, Survival Skills, sledding hill (winter), Archery, Hatchet throwing, GaGa Ball, maybe even a game of Capture the Flag! We also have age-appropriate Service-Learning opportunities for groups to help camp with. If selected the Program Director will discuss this further with you.



LARGE GROUP ACTIVITIES



ENERGY CHOICES

1 - 1.5 hours

In this highly active, STEM focused, all-play, groups strategize and make decisions on energy resource utilization, collection, and management. Played over several rounds the game challenges the groups to move their villages towards more renewable energy choices.

FUR TRADE

2 hours

This interactive program will enable your students to learn firsthand the culture of the seventeenth and eighteenth-century Voyageurs and Native Americans. They will practice skills and traditions like building a fire with flint & steel, pelt trading, hatchet throwing, and games. Students will learn how attitudes and behaviors during the fur trade era have affected today's environment.



ECO GAMES

1 hour

These games are action-oriented group games with an ecological theme. They can be played as an all-school activity (large group). The games stress cooperation rather than individual achievement, while also teaching valuable environmental lessons.

EVENING PROGRAMS



CAMPFIRE

All firewood is supplied by Camp St. Croix. Staff can set up and get the fire started if needed. For an extra fee Camp can provide Smore's supplies and sticks.

Option 1: Enjoy an intimate campfire with cabin-mates. Camp St. Croix offers a number of campfire sites for chaperones to lead their cabin group in a memorable evening huddled around a crackling fire.

Option 2: Teachers and chaperones lead an all-school event. Students perform skits, and hopefully teachers and chaperones get in the spirit too! This can also be an opportunity for students, teachers, and chaperones to reflect on their Camp St. Croix experiences.

NIGHT HIKE

1 - 1.5 hours

October - February

Explore the nocturnal world with sensory games, information about nocturnal animals, and demonstrations of how we adapt to the dark. This evening program is instructed in study groups.



EVENING PROGRAMS



MYSTERY AT FOLLY FARM – BATS

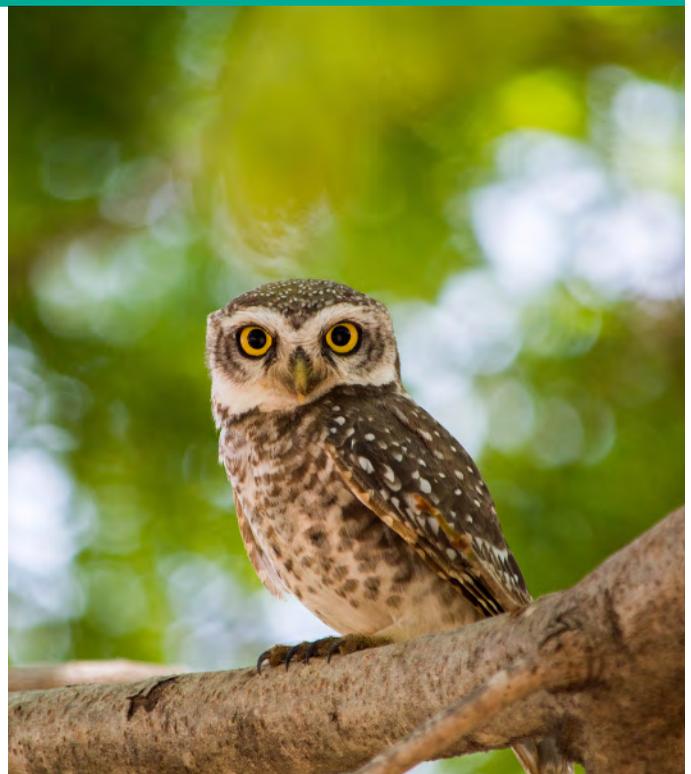
1 - 1.5 hours

Bats are all around us, but we hardly ever get a glimpse of them and don't realize their importance. In this interactive program, participants will learn about these fascinating and mysterious nocturnal animals while trying to solve the mystery of why Folly Farm is losing their crops.

OWLS

2 hours

Owls have often been labeled mysterious and elusive creatures. This program will teach you what an important and major predator of the nocturnal ecosystem. You'll discover the many adaptations that allow owls to be great hunters of the night sky. See firsthand what their diets are made up of by dissecting owl pellets.



EVENING ACTIVITIES



TOWN MEETING

1 - 1.5 hours

Camp St Croix for sale?! A land developer is interested in purchasing Camp for a new housing development. An emergency Town Meeting has been called and you are the community. Participants represent different community members and groups and have an opportunity to express their opinions to the town council. What will happen to camp? Who can make a difference? Learn the importance of being involved and informed in your community.

WOLVES OF MN & WI

1 - 1.5 hours

In this evening program, we will learn more about wolves and their relationship with humans. After a slide show in which we look at the life of a wolf, the pack structure, myths, and more, we will move outside and do our best wolf howls and become a pack of wolves looking to meet up with other members of our pack. This program is a great way to slow down from the day and learn more about this mysterious animal.



GROUP-LED TIME

This is an option if groups want to have more free time and/or want to provide their own programming. You can choose this for evening or daytime programs.

PROGRAM RATES

ENVIRONMENTAL EDUCATION

	PER PARTICIPANT	CHAPERONES	PER EXTRA CHAPERONES
Half day (2-5 hours)	\$23.60	FREE within 1:10 ratio	\$9.10
Full day (6-8 hours)	\$38.50	FREE within 1:10 ratio	\$9.10
2 days no overnight	\$77	FREE within 1:10 ratio	\$17.52
2 days, 1 night	\$94.25	FREE within 1:10 ratio	\$37.45
3 days no overnight	\$115.50	FREE within 1:10 ratio	\$25.50
3 days, 2 nights	\$139.40	FREE within 1:10 ratio	\$69.70

Fees include all meals, lodging, and program instruction

ADDITIONAL FEES:

- ▶ Extended day: \$10.75/student
- ▶ Climbing Tower: \$5.40/student
- ▶ High Ropes: \$16.10/student

ADDITIONAL MEALS:

- ▶ Breakfast: \$8.00/person
- ▶ Lunch: \$10.00/person
- ▶ Dinner: \$12.00/person

Please note that availability for these activities is not guaranteed. Team Building activities must be reserved at least one month in advance and approved by camp staff.

PROGRAM RATES

TEAM BUILDING ONLY

	HALF DAY (1-4 HOURS) PER PARTICIPANT	FULL DAY (5-8 HOURS) PER PARTICIPANT
Initiatives & Low Elements	\$21.50	N/A
Climbing Tower*	\$23.60	\$33.30
High Ropes*	\$37.45 (1-2 elements)	\$50.35 (2-4 elements)
High Ropes & Climbing*	N/A	\$61.05 (1-3 elements)
Zip Line*	\$27.90 - Only \$5 if added to High Ropes	

Fees include all meals and program instruction

*Rope programs require a minimum amount of time dependent on group size. Chaperones are free within a 1:10 ratio. Chaperones above the 1:10 ratio is \$8.76 each if programming includes lunch.

PROGRAM POLICIES

PRICING:

- ▶ Fees apply to programs that take place from January 1, 2025 to December 31, 2025. Other dates are subject to changes in fees.
- ▶ Interpreters and one-on-one special education staff are free of charge for all programs, regardless of chaperone ratios.
- ▶ Financial Assistance is available based on need. Please visit campstcroix.org and click on 'Forms & Publications' to find more information about financial assistance.

WEATHER:

- ▶ **Inclement Weather:** Our program is centered on Outdoor Education. Weather conditions such as rain and snow are considered part of the natural world and generally do not hinder our program. Participants should come prepared for outdoor experiences and be dressed appropriately.
- ▶ **Severe Weather:** As soon as our staff receives notification of a Severe Weather Warning, all camp staff will be asked to carry out the camp's Severe Weather procedures. If there is no sign of lightning, study sessions will continue outdoors, within sight of emergency shelter.

SEPTEMBER – MAY:

Outdoor Education and Team Building run at full capacity from September to late May. Reservations can be made for both day-use or overnight groups at YMCA Camp St. Croix by emailing Camp's Senior Program Director at nick.duchow@ymcamn.org

- ▶ **Minimum Group Size.** 12 People (Minimum billing is 12 people, smaller groups may be accepted).
- ▶ **Maximum Group Size:** 250 People (Day use) 232 People (Overnight)
- ▶ **Activity Groups** range from 12–20 people