



# Point Bonita YMCA One day Field Trips

## PROGRAM DESCRIPTIONS

Welcome to the Outdoor Education Program at Point Bonita YMCA! To meet your educational needs, **please review the following program descriptions before completing the Pre-Trip Questionnaire.** Weather, season and other factors might limit particular activities. In all cases, the naturalist will make decisions about his or her own group based upon safety concerns, students' interests, and educational opportunity.

- **Introduction to the Marin Headlands (all ages)**

Explore the natural and cultural history of the Marin Headlands on an engaging hike along the trails and batteries near Point Bonita YMCA's campus. Learn about the plants, animals, minerals and people that have inhabited this national park.

*Depending on Park availability, a tour of the historic Point Bonita Lighthouse can be requested as part of this program.*

- **Geology Rocks! (4th-6th grade)**

Explore the Headlands and learn about California rocks and other geological features while viewing them in their natural habitat!

- **Sand Crab Monitoring\* (6th-12th grade)**

Engage in an active citizen science program in partnership with California's National Marine Sanctuaries! Students get their feet wet (literally) in scientific research by monitoring and measuring the sand crab population at South Rodeo Beach. In addition, Point Bonita staff will enter your student's results into a database accessible to scientists and teachers alike, so you can continue to engage in the project long after you have returned to the classroom!

*\*To maximize program time, teachers may choose to show the LiMPETS 45 minute sand crab presentation to students in class prior to arrival at Point Bonita YMCA (slides & script provided).*

- **The Wonders of Wetlands & Watersheds (4th-8th grade)**

Allow your students to truly understand what a watershed is by seeing it firsthand as they hike from the top to the bottom of Point Bonita's very own watershed! At the bottom, students will have the chance to investigate the aquatic macroinvertebrate population of Rodeo Lagoon and continue the trail from the lagoon out to the beach and ocean and seeing the culmination of their watershed adventure.

- **Habitats and Ecosystems (3rd-6th grade)**

Students will explore the Coastal Scrub ecosystem of the Marin Headlands through interactive games and investigations of the local plants and animals. They will explore different habitats and learn about the interdependent relationships and interactions between the living and non-living elements in the ecosystem.

- **Teambuilding (all ages)**

Your students will be led through a series of fun, interactive games, activities and initiatives to help them get to know each other better, improve communication, cooperation and problem solving skills as well as build trust. We will spend time on our historic campus and on nearby trails and batteries.