



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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National Park Service



# POINT BONITA YMCA OUTDOOR EDUCATION PROGRAM 2-DAY PROGRAM

## YOUR SCHOOL

### THURSDAY

- 11:00 Arrival & Orientation
- 12:00 Local Hike:
  - Local history
  - Sensory Awareness
  - Plants and Animals ID
  - Habitat games
  - Team building
- 12:00 Lunch Picnic On Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Dining Hall Introduction
- 6:00 Dinner
- 7:15 Evening Program: Night Hike
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Sleepy Time!

### FRIDAY

- 7:00 WAKE UP!
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get ready in dorms
- 9:15 Morning Lesson: Farm to Fork Lesson
- 9:30 All Day Adventure:
  - Watershed hike
  - Geology games
  - Human impact
  - Beach clean-up
  - Appreciations
- Lunch Picnic On Trail
- 3:00 Closing Ceremony
- 3:30 Departure

Example of possible 2-day program



\*\*Your school's actual schedule will be based on your choices of themes, destinations, evening programs, and overall goals as stated in the pre-trip questionnaire.





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# POINT BONITA YMCA OUTDOOR EDUCATION PROGRAM 3-DAY PROGRAM

## YOUR SCHOOL

### WEDNESDAY

- 11:00 Arrival & Orientation
- 12:00 Local Hike
  - Sense of Place
  - Sensory Awareness
  - Plants and Animals ID
  - Solo Hike
  - Team building
 Lunch Picnic On Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Dining Hall Introduction
- 6:00 Dinner
- 7:15 Evening Program: Night Hike
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Sleepy Time!

### THURSDAY

- 7:00 WAKE UP!
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get ready in dorms
- 9:15 Morning Lesson: Farm to Fork Lesson
- 9:30 All Day Adventure:
  - Watershed hike
  - Human impact
  - Beach clean-up
  - Team building
- 12:00 Lunch Picnic On Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Headlands Food History
- 6:00 Dinner
- 7:15 Evening Program: Marine Mammals
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Sweet Dreams

### FRIDAY

- 7:00 ROOSTER DOODLEDOO
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get ready in dorms
- 9:15 Morning Lesson: Be The Change
- 9:30 Closure:
  - Local hike
  - Habitat games
  - Reflection
  - Appreciations
- 11:30 Closing Ceremony
- 12:00 Dining Hall Lunch
- 1:00 Departure

Example of possible 3-day program

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# POINT BONITA YMCA OUTDOOR EDUCATION PROGRAM 4-DAY PROGRAM

## YOUR SCHOOL

### TUESDAY

- 11:00 Arrival & Orientation
- 12:00 Local Hike
  - Sense of Place
  - Sensory Awareness
  - Plants and Animals ID
  - Team building
- Solo hike
- Lunch Picnic On Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Dining Hall Introduction
- 6:00 Dinner
- 7:15 Evening Program: Night Hike
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Sleepy Time!

### WEDNESDAY

- 7:00 WAKE UP!
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get ready in dorms
- 9:15 Morning Lesson: Farm to Fork Lesson
- 9:30 All Day Adventure:
  - Watershed hike
  - Habitat games
  - Pond study
  - Beach clean-up
  - Team building
- 12:00 Lunch Picnic On Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Headlands Food History
- 6:00 Dinner
- 7:15 Evening Program: Marine Mammals
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Sweet Dreams

### THURSDAY

- 7:00 UP & AT 'EM!
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get Ready in Dorms
- 9:15 Morning Lesson: Resource Conservation
- 9:30 All Day Adventure:
  - Challenge Hike
  - Geology games
  - Tides and waves
  - Human impact
  - Team Building
- 12:00 Lunch Picnic on Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Food Rainbow Nutrition
- 6:00 Dinner
- 7:15 Evening Program: Skits and Stories
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Snoozin'!

### FRIDAY

- 7:00 ROOSTER DOODLEDOO
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get ready in dorms
- 9:15 Morning Lesson: Be The Change
- 9:30 Closure:
  - Local hike
  - Team challenge
  - Reflection
  - Appreciations
- 11:30 Closing Ceremony
- 12:00 Dining Hall Lunch
- 1:00 Departure

Example of a possible 4-day program



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# POINT BONITA YMCA OUTDOOR EDUCATION PROGRAM 5-DAY PROGRAM

## YOUR SCHOOL

### MONDAY

- 11:00 Arrival & Orientation
- 12:00 Local Hike
  - Sense of Place
  - Sensory Awareness
  - Plants and Animals ID
  - Team building
- Lunch Picnic On Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Dining Hall Introduction
- 6:00 Dinner
- 7:15 Evening Program:
  - Night Hike
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Sleepy Time!

### TUESDAY

- 7:00 WAKE UP!
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get Ready in Dorms
- 9:15 Morning Lesson: Farm to Fork Lesson
- 9:30 All Day Adventure:
  - Watershed Hike
  - Habitat Games
  - Pond Study
  - Team Building
- 12:00 Lunch Picnic on Trail
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Headlands Food History
- 6:00 Dinner
- 7:15 Evening Program:
  - Marine Mammals
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Sweet Dreams!

### WEDNESDAY

- 7:00 ALARM CLOCK!
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get Ready in Dorms
- 9:15 Morning Lesson: Resource Conservation
- 9:30 All Day Adventure:
  - Human impact
  - Tides and waves
  - Beach clean-up
  - Team Building
- 12:00 Dining Hall Lunch
- 12:30 Rest time in dorms
- 1:30 Adventure continued
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Pre-Meal Lesson: Food Rainbow Nutrition
- 6:00 Dinner
- 7:15 Evening Program:
  - Skits and Stories
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Good Night!

### THURSDAY

- 7:00 UP & AT 'EM!
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get Ready in Dorms
- 9:15 Morning Lesson: Water Conservation
- 9:30 All Day Adventure:
  - Watershed Hike
  - Habitat Games
  - Pond Steady
  - Beach Clean-Up
- 12:00 Lunch Picnic on Trail
- 12:30 Rest time in dorms
- 4:15 Snack & Recreation Time
- 5:15 Optional Teacher Time, Journal, Rest or Wellness Activity
- 5:45 Afternoon Lesson: Garbology Rap
- 6:00 Dinner
- 7:15 Evening Program: Town Hall
- 8:45 Teacher Time
- 9:30 Lights Out
- 9:45 Snoozin'!

### FRIDAY

- 7:00 Rooster Doodledoo
- 7:45 Teacher Time
- 8:00 Breakfast
- 8:45 Get Ready in Dorms
- 9:15 Morning Lesson: Be The Change
- 9:30 Closure:
  - Local hike
  - Reflection
  - Appreciations
- 11:30 Closing Ceremony
- 12:00 Dining Hall Lunch
- 1:00 Departure

Example of possible 5-day program



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