

# YMCA Camp Pinewood Outdoor Education Center

## Activity Descriptions

The brief descriptions that follow outline the basic options for program rotations at YMCA Camp Pinewood. Our aim is to tailor each of our group retreats to the specific goals and needs of that group, with these programs being a basis for us to build upon. With that in mind, prior to each camp visit we will meet with a representative for the group to determine the best possible program choices to meet the goals they have set out to accomplish.

All of these programs are subject to change in the case of severe weather. Please call 231.821.2421 if you have any questions about these program areas, or require a more detailed description.

**TEAM BUILDING:** Team Building initiatives at Camp Pinewood provide participants with the opportunity to explore their communication and cooperation skills while solving problems with a group in a controlled setting. Our Team Building initiatives are readily adapted to the specific needs of each group of participants, and are great tools for developing leadership, followership, and breaking down established cliques. The lessons learned on Camp Pinewood's Team Building Course transfer easily to classroom, work, and social settings. Physical exertion can be adjusted based on needs or limitations of each group.

**LOW ROPES:** Before entering the Low Ropes Course at Camp Pinewood each participant must complete what we call our "trust sequence", consisting of different trust leans, falls, etc. Developing trust with your teammates is a key to this activity, as each person's safety will be dependent on those around them. The course itself consists of ten separate ropes elements, or obstacles, that connect two trees together. As one participant navigates the element, their peers move alongside in the "spotter's position" to protect the climber from a fall. While developing trust in teammates, this activity also helps to build personal confidence as participants successfully complete each climb.

**ADVENTURE HIKE:** Camp Pinewood provides a beautiful backdrop for this wilderness adventure program. Our trained staff guide participants on a walk alongside Lake Echo, to swamps, marshes, creeks, and springs. Along the way campers learn hands-on about the woodland environment, with our lessons meeting Michigan State Science Standards. We also take the time to get our hands and feet a little dirty, crossing over logs, jumping streams, and going on salamander hunts! Pack an old pair of shoes for this trip!

**CLIMBING TOWER:** Pine Mountain is Camp Pinewood's thirty foot climbing tower, and the setting for our climbing program. Climbers begin this class with lessons on climbing equipment, technique, and verbal commands. Once this background information has been taught, it's up the wall you go! At Pine Mountain climbers are encouraged to set their own goals, and success does not always mean getting to the top. As with all of our activities, climbing is a "challenge by choice" program, meaning that while encouragement will be offered, no climber will be forced to go further than they wish to go.