



Upham Woods Outdoor Learning Center



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Thank you for choosing Upham Woods!

We appreciate the opportunity to provide high quality, experiential learning experiences in a beautiful outdoor setting to your group! We can help your participants meet Next Generation Science Standards, Common Core, and Wisconsin Academic standards while exploring and discovering the natural and cultural history of the Dells area. Our staff utilize the forests, island, and river as biological laboratories to dive into subjects such as ecology, geology, botany, and history through hands-on learning. We will work with each group to meet specific learning objectives through tailored programs. We strive to provide youth with a sense of belonging, encourage their generosity, nurture budding independence and offer opportunities to master challenges.

To view all that Upham Woods has to offer, including virtual tours and detailed class descriptions, please visit our website at: <http://fyi.uwex.edu/uphamwoods/>. We are available to provide presentations about the benefits of bringing your group to Upham Woods. Please feel free to contact us at (608) 254-6461 or uphamwoods@ces.uwex.edu.

Take the Critter Conservation Challenge!

During your stay, we'll track your group's conservation practices, including:

- Shutting off lights
- Keeping recyclables out of the trash
- Turning off water faucets
- Minimizing food waste during meals
- Keeping windows closed during heating season



Depending on your group's success, you can earn the "Brilliant Beauty" Blue Ribbon Award or the "Stellar Stella" Red Ribbon Award to take home with your group. Plus, you'll get a feather with your group's name added to the Critter Conservation Challenge board in the Dining Hall!



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Program Descriptions

Aquatics



Wacky Water Critters

Explore the river habitat at Upham Woods and discover the amazing world of macro-invertebrates. Students will wear rain boots and use nets, stereoscopes, and dichotomous identification keys to collect, examine, and study aquatic insects and other water critters. These hands-on activities will allow students to learn about animal adaptations, aquatic ecosystems, and the role of aquatic insects in the food web.

Length: 1.5—2 hrs

Grade: 4th—9th

Suggested Max. Participants: 18 (3 per scope)

Animal Ecology



Animal Signs

Become a detective by investigating animal clues and solving nature's mysteries. Students will learn about seven categories of animal signs, how to interpret each sign, and why natural history interpretation is an important tool for understanding wildlife. A large portion of this class is spent outside looking for animal signs and tracking animals. Available year round but best in winter.

Length: 1—1.5 hrs

Grade: 1st—9th

Suggested Max. Participants: 20

Bat Program

Do bats really carry rabies and get stuck in your hair? This class will answer these questions and more as students explore the fascinating world of the only true flying mammal. Students will explore myths surrounding bats, discover bat adaptations through interactive games, and discuss the importance of bats in the ecosystem.

Length: 1 hr
Lodge

Grade: 3rd—Adult

Suggested Max. Participants: 30 Nature Center, 150



Discovering Owls

Through the use of a multimedia presentation and hands-on examples, students will discover the unique adaptations of these nocturnal raptors and the importance of owls in the food web. Participants will also learn how to identify Wisconsin's native owls and mimic owl calls. Students can even dissect their own owl pellet to take home and share.

Length: 1 hr (1.5 w/dissection)

Grade: 2nd—7th

Suggested Max. Participants: 16

Fee: \$3.00/pellet if dissection is selected. 1-3 students can dissect one pellet.

Habitat is a Home

Have you wondered what makes a habitat a home? Food, water, shelter, and space of course! This interactive class allows students to discover what makes a habitat a home as well as understand the dynamic nature of populations, habitat quality, and carrying capacities. This lesson includes songs, games, and allowing the students to take on the roles of wild animals.



Animal Ecology



Predator—Prey

Experience life on the wild side with this interactive game. Students will learn about the food web and population dynamics by becoming predators and prey. A discussion following the game will show the importance of food, water, shelter, and reproduction for species survival in a balanced ecosystem. *Upham staff and 6-7 adults are required for this program.*

Length: 1—1.5hrs

Grade: 4th—8th

Suggested Max. Participants: none **Min:** 25y 5a

Radical Raptors

What better way to learn about birds and conservation than to meet live birds of prey! Our two raptors, a barred owl and red-tailed hawk, have injuries that prevent them from returning to the wild. Students will compare raptors to other birds and learn about the incredible adaptations that make raptors excellent predators. This live raptor presentation will introduce students to human-raptor interactions and the importance of raptors in the ecosystem. *Upham staff is required for this program.*



Length: 1 hr

Grade: 1st—Adult

Suggested Max. Participants: 30 Nature Center, 150

Lodge **Fee:** Requested donation to maintain raptors



Scales, Scutes & Skins

Do you know the difference between a reptile and an amphibian? Discover the science of herpetology in this interactive program. A live animal presentation and adaptation game will compare reptile and amphibian adaptations in order to teach students the important roles these animals play in the ecosystem. Students will learn how to care for and protect Wisconsin's diverse herps. *Upham staff is required for this program.*

Length: 1—1.5 hrs

Grade: 1st—Adult

Suggested Max. Participants: 20

Available: Spring through fall

Creative Learning



Nature Journaling

Students will begin this program by exploring the history of nature journaling and examining the words of famous writers from the past. They will then create personalized journals using recycled materials. Students will have the chance to fill their pages during a variety of hands-on activities that encourage them to explore the natural world and their own connections to it.

Cultural History



Length: 1—1.5 hrs

Grade: 4th—Adult

Suggested Max. Participants: 20

Life of a Logger

Travel back in time to an 1858 Wisconsin logging camp. The camp cook will transform students from green jacks into experienced lumberjacks through pictures, stories, songs and dances. Students will learn about the dress, work and play of 19th century lumberjacks.

Length: 1 hr

Grade: 5th—Adult

Suggested Max. Participants: 150

Cultural History



Voyageur Program

Become a voyageur and paddle a 34-foot replica of a voyageur canoe from the French fur trade era on the Wisconsin River. Students will learn about the people that made the fur trade possible and the role that each culture played as trappers, traders, and travelers. Adults and youth are required to wear PFD's. *This program requires Upham staff and will be canceled if water flow reaches 14,000 cfs or in the case of high winds.*

Length: 1—2.5 hrs
Available: April-October

Grade: 1st—Adult

Suggested Max. Participants: 20 (19y & 1 a)

Forestry



Tree Identification

Ever wonder is that tree growing in your backyard? Become a dendrologist, a tree expert! Students will discover the different uses among Wisconsin's tree species and the importance of tree identification. Students will learn about tree structure: leaves, bark., twigs, buds, and tree shape. They will then learn to use a dichotomous key to explore and identify the many trees at Upham Woods.

Length: 1—1.5 hrs

Grade: 2nd—6th

Suggested Max. Participants: 20

Value of a Tree

Students will be introduced to the concept of renewable fuel source from biomass. They will learn about where woody biomass originates and how it is used in jet planes. They will compare the amount of fuel that can be harvested from biomass to the amount of carbon that a tree has sequestered. Students will then debate the merits of harvesting the tree for timber and fuel versus leaving it standing to sequester carbon and provide habitat.

Length: 1.5—3 hrs

Grade: 6th or Higher

Suggested Max Participants: 25



Night Programs



Campfire

A large, stadium seating campfire circle provides a great atmosphere for all ages! Campfires will actively involve students in silly skits, songs, and stories. Groups may start and lead campfires or request Upham staff assistance. We now have a second, smaller campfire circle behind the Nature Center.

Length: 1 hr if naturalist led

Grade: K—Adult

Suggested Max. Participants: 150

Circle Dance

Students will Hokey-Pokey, Chicken Dance, Limbo, and Sally Down the Alley. Karaoke is possible if you bring a Karaoke CD! Circle Dances can be group led or facilitated by a naturalist.

Length: 1 hr if naturalist led

Grade: 2nd—8th

Suggested Max. Participants: 150



Night Hikes

Experience a fun and exciting hike through Upham Woods at night and learn about the special adaptations of nocturnal animals. Sensory awareness activities during the hike will teach students how to better use their night vision and other senses to navigate more comfortably in the dark. *Remember to wear warm clothes and close-toed shoes and turn your flashlights off.*

Length: 0.5-1.5 hrs

Grade: 3rd—Adult

Suggested Max. Participants: 15

Outdoor Pursuits



Archery

Work on your Katniss skills and learn how to safely use basic archery equipment. Students will practice shooting aluminum shaft arrows with adjustable tension compound bows at standard archery targets. *An adult experienced in Archery may lead this activity provided an Upham Woods staff has oriented them.*

Length: 1 hr

Grade: 4th—Adult

Suggested Max. Participants: 16 (1 adult req.)

Fee: None, but we accept donations for equipment upkeep

Black Hawk Island Hike

Paddle a human-powered “barge” to our 210 acre island, where students can crawl through sandstone caves, visit historic sites on the Wisconsin River, witness forest succession and much more. Naturalists will lead students on an interpretive journey discovering the important natural and cultural history of Black Hawk Island. Groups may request hikes with a special focus or specific destinations prior to arrival at camp. *Closed toed shoes are required. This class will be canceled if water flow reaches 14,000 cfs or in the case of very high winds.*

Length: 1.5—3 hrs

Grade: K—Adult

Suggested Max. Participants: 20/naturalist; 42

Available: April-October



barge max.



Canoeing

Get up close and personal with amazing rock formations, search the shores for native wildlife, and learn natural and cultural history while traveling along the beautiful Wisconsin River. Students will receive instruction on land about paddling techniques, safely entering and exiting a canoe, and how to work as a team to steer. Youth and adults must wear PFD’s at all times. **A 1:8 adult to youth ratio is required; these adults must canoe with the group.** *An experienced adult may lead this class provided they attend an orientation given by Upham staff.*

Upham will serve as lifeguard unless group provides their own certified lifeguard. This class will be canceled if

water flow reaches 12,000 cfs or in the case of high winds.

Length: 1 hr MIN.

Grade: 4th—Adult

Suggested Max. Participants: 24 y, 4 a; 3/canoe max

Available: Spring through fall

North Shore Hike

See the spectacular scenery of the Wisconsin Dells, including a small waterfall, sandstone cliffs, and caves as naturalists lead students on an interpretive hike along the North Shore Trail. Closed toed shoes are required. Makes a great alternative to Black Hawk Island hikes.

Length: 2—3 hrs

Grade: 4th—Adult

Suggested Max. Participants: 20



Orienteering 1 (Circle Course)/ATR (Across The Road)

Through classroom and field activities, students will receive instruction on the use of a compass and hands-on experience traveling through Upham Woods’ circle compass course. Students will work in groups to take bearings and walk a straight line to the correct points on the pre-determined course. Orienteering ATR introduces pacing on a more advanced course and encourages teamwork. *Long pants and close-toed shoes are recommended.*

Length: 1—2 hrs

Grade: 3rd—8th

Suggested Max. Participants: 18

Orienteering 2: for experienced students

Bushwhack your way through Black Hawk Island with compass in hand. Students will paddle a barge to Black Hawk Island, review compass use, and work in teams to complete a pre-determined orienteering course with limited adult supervision. Students will use two-way radios to remain in constant contact with the instructor. *This program must be conducted on Black Hawk Island. Class will be canceled if water flow reaches 14,000cfs.*



Outdoor Pursuits



Outdoor Survival

Have you ever been lost in the woods and didn't know what to do? Through this hands-on program, students will learn the seven basic human survival needs and how to avoid survival situations by being prepared. Students will then use critical thinking skills to determine how they would survive in a survival scenario. Finally, students will learn the important aspects of shelter building and fire safety. This lesson will be geared toward the groups' age and the current season.

Length: 1.5—2hrs

Grade: 4th—12th

Suggested Max. Participants: 20

Swimming

Youth may swim in the Wisconsin River from June to August. An Upham staff lifeguard must be present. There must be one lifeguard present for every 25 swimmers with a maximum of 50 swimmers at a time. The group may provide the 2nd lifeguard. Lifeguards must provide proof of certification. Each group must schedule a swim test prior to the scheduled swim time; swim tests are required before swimming or water carnivals. **A ratio of 1 adult to 10 swimmers must be maintained at all times**, not including the lifeguard. *Swimming will be canceled if river flow exceeds 12,000 cfs or water temperature is below 60 degrees Fahrenheit.*



Length: 1–2 hrs

Grade: 1st—Adult

Suggested Max. Participants: 50

Sensory Awareness



Available: Summer only

Make Sense of Nature

Discover Upham Woods through all five senses and develop a sense of wonder in nature. Blindfolded students try to identify natural objects and effectively communicate their experiences of heightened sensitivity. Students will explore the woods on a scavenger hunt and learn about sensory adaptations that help animals survive.

Length: 1 hr

Grade: 1st—5th

Suggested Max. Participants: 15

Service Learning



Service Project

Promote environmental stewardship and empower youth to get involved at Upham Woods. Age-appropriate improvement projects will help develop and maintain Upham Woods' trails, facilities and grounds. Upham staff or group adults may lead these activities. Supervision must be provided by at least two group adults. Please contact Upham Woods to determine a project that is appropriate for your group.

Length: 1—1.5 hrs

Grade: 4th—Adult

Suggested Max. Participants: 20

Teambuilding



Group Initiatives

These fun and exciting group activities foster teamwork, communication, and problem-solving skills. All group initiatives will be played on the sand playing field or volleyball court. Depending on the number of facilitators available, multiple groups can participate at the same time. Students are asked to wear close-toed shoes for this program.

Team Building



Peanut Butter Mountain: Team Building Challenge Course

Peanut Butter Mountain (PBM) is Upham Woods' challenge course. Participants will work on communication, teamwork, trust, body language, and other group processes while participating in challenging group initiatives and elements. Each program starts with several ground group initiatives and then progresses up to the challenge course. *All participants MUST wear close-toed shoes (no sandals) and should remove watches & jewelry. PBM programs can only be facilitated by an Upham Woods staff member or an adult leader with current certification.*

Length: 1.5—3 hrs

Grade: 4th—Adult

Suggested Max. Participants: 15 per facilitator

Amazing Upham Race

The Amazing Upham Race is a fast-paced, camp-wide interactive teamwork challenge in the style of the reality TV show [The Amazing Race](#). Teams must solve teamwork or problem-solving challenges to get their next clue. Your group will be required to supply adults for supervision and to staff some of the challenge locations. Also, Upham naturalist preparation time is required for this class so your group will not have the use of one of your Upham naturalists for one hour prior to the scheduled start of the class. *Call for information on course choices and scheduling requirements.*

Length: 1.5—3 hrs

Grade: 4th—Adult

Suggested Max. Participants: none, **Min. 30**



Technology

Upham Woods now offers several new and exciting opportunities to engage today's youth in the outdoors using innovative and interactive technology tools. For more information, or to learn how your group can participate in one of these programs, check out our [technology programs page](http://fyi.uwex.edu/uphamwoods/programs/residential-programs/technology-programs/) (<http://fyi.uwex.edu/uphamwoods/programs/residential-programs/technology-programs/>) or contact

Winter Fun



Upham Woods Director Justin Hougham at justin.hougham@ces.uwex.edu.

Broomball

Join in on the excitement! Similar to hockey, broomball is fast, fun and a great outdoor winter activity. The game is played on ice or packed snow with five players plus a goalie on each team trying to score against the other team. The players maneuver on the slippery surface while using a "broom" to control the ball and score. Substituting players throughout the game allows larger groups to enjoy this unique sport. Broomball develops teamwork and good sportsmanship. Participants are required to wear the provided helmets while playing.

Length: 30 min.—1.5 hrs
Available: Winter only

Grade: 3rd—Adult

Suggested Max. Participants: 12 players at a



Cross Country Skiing

Nordic skiing has gained popularity as a sport and is now enjoyed by millions of people across the planet for fun, recreation, winter exercise and travel! Students will be introduced to skiing equipment, techniques and have the opportunity to practice on our mainland ski trails. If time permits, students will also learn some of the history, classification and evolution of skiing equipment. *An experienced adult with an equipment orientation can lead this activity.* Students should come prepared with warm clothing.

Length: 1 hr **MIN.**

Grade: 2nd—Adult

Suggested Max. Participants: 25

Available: Winter only, dependent on snow conditions

Winter Fun



Snowshoeing

This activity can be led by Upham staff or an experienced adult. Upham staff will check equipment in and out, as well as provide a short orientation on proper snowshoe use, how to move effectively in snowshoes, what to do after a fall, and a brief history. If snow conditions permit, groups may snowshoe the North Shore Trail. Class dependent on snow conditions.

Length: 1 hr **MIN.**

Grade: 2nd—Adult

Suggested Max. Participants: 20

Available: Winter only, dependent on snow conditions

Toboggan Run

Youth will have the opportunity to toboggan down our exhilarating wooden toboggan run. *This activity is dependent on snow conditions and requires Upham Staff. Only Upham Woods' toboggans may be used on the toboggan run. All participants must wear a hat, gloves/mittens, and an Upham provided protective helmet.*

Length: 1—2 hrs

Grade: 3rd—Adult

Suggested Max. Participants: 25 (2 adults are required)

Available: Winter only, dependent on snow conditions



Other Winter Classes/Activities Possibilities

While these classes are popular year round, they are also a good choice for outdoor winter activities:

- Outdoor Survival
- Animal Signs
- Peanut Butter Mountain
- North Shore Hike
- The Amazing Upham Race

Outpost Trips

Did you know Upham Woods offers adventure education trips? For a small fee we will outfit your group with gear, food and expertise to experience the wild side of Upham Woods. We offer day trips as well as overnight adventures. Some options:

Devil's Lake Outpost

Mirror Lake Outpost

Canoe Down the Wisconsin, Juneau County Park

Canoe Down the Wisconsin, Two Rivers Adventure

Blackhawk Island Base Camp Canoeing



Group size is limited to 20-30 participants, depending on the adventure. We can transport canoes and gear but not participants. Please see our Adventure Education and Outpost page (<http://fyi.uwex.edu/uphamwoods/programs/residential-programs/adventure-education/>), or the Outpost forms page (<http://fyi.uwex.edu/uphamwoods/bring-your-group/forms-list/outpost-forms/>) for more information.

Outreach Programs

Upham Woods is now bringing its interactive environmental education programs into classrooms, meeting rooms, and other public venues throughout southern Wisconsin! Many of our programs transfer excellently to off site locations. All programs are one hour long and intended for one classroom (25 students max). The cost is \$50/class plus round trip mileage to and from Upham (\$.50/mile). Our Radical Raptors Program is also available for large school assemblies at a rate of \$150/assembly plus mileage.

The following classes are available for outreach: Animal Signs, Bat Program, Beaver Ecology, Discovering Owls, Voyageur Program, Habitat is a Home, Make Sense of Nature, Radical Raptors, Scales, Scutes & Skins, and Tree Detectives.

To schedule an outreach program to your site, contact Upham Woods at 608-254-6461, or uphamwoods@ces.uwex.edu.

Community Partnerships

Consider extending the educational content of your field trip! The organizations below provide additional information and educational programming on the historic, natural and cultural history of the Wisconsin Dells region. To add an educational program before or after your Upham Woods trip, contact each organization for more information and reference your Upham Woods experience.

Aldo Leopold Foundation: Come learn about one of Wisconsin's foremost conservationists at the site that inspired his most well known work, *A Sand County Almanac*. For more information, please call The Aldo Leopold Foundation at 608-355-0279 or visit www.aldoleopold.org

H. H. Bennett Studio Tour: Learn more about the unique history of the Dells area with a trip to the H.H. Bennett Studio in downtown Wisconsin Dells. Phone 608-253-3523 or email hbbennett@wisconsinhistory.org.

International Crane Foundation: Discover the International Crane Foundation and be inspired to change the world. For your chance to schedule a private tour with a naturalist, observe and photograph endangered cranes, and hike our beautiful nature trails, contact ICF at 608-356-9462 ext. 127 or email us at naturalist@savingcranes.org.

Jet Boat Adventure: If you like your boat rides super-fast and super-wet, take a ride on the wild side of the Wisconsin River aboard one of our Jet Boats. To schedule, contact Stephanie at 608-254-8555 or groups@dellsboats.com.

Upper Dells Boat Tour: More than a classic river cruise of the Wisconsin River, it's a dramatic journey through incredible scenery, fascinating history and colorful legend. To schedule, contact Stephanie at 608-254-8555 or groups@dellsboats.com.

Wisconsin Duck Tour: Climb aboard an Original Wisconsin Duck and experience all the scenic beauty and natural wonders of the area with plenty of fun and adventure along the way. To schedule, contact Stephanie at 608-254-8751 or Stephanie@wisconsinducktours.com.

Nature Express Bus Funding

Upham Woods is a member of *Nature Net: the Environmental Learning Network*. As a Nature Net site, groups that visit Upham Woods can qualify for the Nature Express bus funding program in two ways. The "Nature Connections" program reimburses up to \$80 per bus if you schedule **two** thematically related field trips to any Nature Net site/s (funding applies towards the second bus trip). The "Nature Mentor" program reimburses up to \$80 per bus if you recruit a fellow teacher to join your class for their first Nature Net field trip. For more information on the Nature Express bus funding program, please visit:

<http://www.naturenet.com/express.html>

Example Schedules

Fall/Spring Program 45 youth, 6th grade

- Students are split into three groups of 15 students per group (A, B, and C) for easy coordination and transition while at Upham Woods.
- Many of our classes can be led by adults from your group (marked *Group led* on the schedule).
- Schedules can be modified based upon arrival and departure times of your group.
- Your group's size determines the number of naturalist staff available at any given time (1-3 naturalists), but additional staff can be requested for a fee (subject to availability).

Day 1			
10 am	Group arrives and moves into cabins	10:30-11:45 am	Canoeing (C) – 1 naturalist Voyageur (A) – 1 naturalist
10:20 am	Orientations for youth, adults and archery group leader		Wacky Water Critters (B) – <i>Group led</i>
10:45-11:45 am	Bats (A, B, C) – 1 naturalist		
11:45 am	Lunch set up	11:45 am	Lunch set up
Noon	Lunch	Noon	Lunch
1-4 pm	Peanut Butter Mountain (A and B) – 2 naturalists	1-4 pm	PBM (C) – 1 naturalist
1-2:30 pm	Archery (C) – <i>Group led</i>	1-2:30 pm	Archery (A) – <i>Group led</i> Survival (B) – 1 naturalist
2:30-4 pm	Outdoor Survival (C) – <i>Group led</i>	2:30-4 pm	Archery (B) – <i>Group led</i> Survival (A) – 1 naturalist
4-5:15 pm	Canoeing (A) – 1 naturalist Voyageur (B) – 1 naturalist Wacky Water Critters (C) – <i>Group led</i>	4-4:15 pm	Snack
		4:15-5:15 pm	Radical Raptors (A, B, C) – 1 naturalist
5:15 pm	Dinner Setup	5:15 pm	Dinner set up
5:30 pm	Dinner	5:30 pm	Dinner
6:30-7:30 pm	Nature Journaling (A, B, C) – <i>Group led</i>	6:15-7 pm	Journaling (A, B, C) – <i>Group led</i>
7:30-9 pm	Night Hike (A, B) – 2 naturalists Arts and crafts (C) – <i>Group led</i>	7-8:30 pm	Night Hike (C) – 1 naturalist Arts and crafts (A, B) – <i>Group led</i>
9 pm	To cabins	8:30-9:15 pm	Campfire (A, B, C) – 1 naturalist
		9:30 pm	To cabins
Day 2		Day 3	
7:15 am	Rise and shine	7:15 am	Rise and shine
7:45 am	Breakfast set up	7:45 am	Breakfast set up
8 am	Breakfast	8 am	Breakfast
9-10:15 am	Canoeing (B) – 1 naturalist Voyageur (C) – 1 naturalist Wacky Water Critters (A) – <i>Group led</i>	9-9:30 am	Clean Cabins/Camp
10:15-10:30 am	Snack (can be ordered from our kitchen or brought by group)	9:30-11 am	Predator/Prey (A, B, C) – 2 naturalists Group Games (A, B, C) – 2 naturalists
		11-11:45	Lunch set up
		11:45	Lunch set up
		Noon	Cookout Lunch
		1 pm	Depart camp

Example Schedules

Winter Program 75 youth, 5th grade

- Students are split into three groups of 25 students (A, B, and C) with each group subdivided (A1, A2) for easy coordination and transition while at Upham Woods.
- Many of our classes can be led by adults from your group (marked *Group led* on the schedule).
- The schedule below is based upon **snow** availability. Alternative classes in the event of no snow are also listed
- Schedules can be modified based upon arrival and departure times of your group.
- Your group's size determines the number of naturalist staff available at any given time (1-3 naturalists), but additional staff can be requested for a fee (subject to availability).

Day 1			
8:30 am	Group arrives and moves into cabins	3:30-4:10 pm	Group Initiatives (A1) – <i>1 naturalist</i> Broomball (A2) – <i>Group led</i>
8:30-9 am	Orientations for youth, adults and broomball group leader	4:20-5 pm	Group Initiatives (A2) – <i>1 naturalist</i> Broomball (A1) – <i>Group led</i>
		5:00-5:15 pm	Free time
9 –10:30 am	Cross Country Skiing or <u>Animal Signs</u> (A) – <i>1 naturalist</i>	5:15 pm	Dinner set up
	Toboggan Science or <u>Scales, Scutes, and Skins</u> (B) – <i>1 naturalist</i>	5:30 pm	Dinner
9-9:40 am	Group Initiatives (C1) – <i>1 naturalist</i> Broomball (C2) – <i>Group led</i>	6:30-7:30 pm	Radical Raptors (A, B, C) – <i>1 naturalist</i>
9:50-10:30 am	Group Initiatives (C2) – <i>1 naturalist</i> Broomball (C1) – <i>Group led</i>	7:30-8:30 pm	Campfire (A, B, C) – <i>2 naturalists</i>
10:45-11:45 am	Snowshoeing or <u>Beaver Ecology</u> (A) – <i>1 naturalist</i>	8:30-9:30 pm	Indoor games (A, B, C) – <i>Group led</i>
	Outdoor Survival (B) – <i>1 naturalist</i>	9:30 pm	To cabins
	Tree Identification (C) – <i>1 naturalist</i>		
11:45 am	Lunch set up		
12:00 pm	Lunch		
			Day 2
		7:15 am	Rise and shine
		7:45 am	Breakfast set up
		8 am	Breakfast
1-2:30 pm	Cross Country Skiing or <u>Animal Signs</u> (C) – <i>1 naturalist</i>	8:30-9 am	Cleaning supplies out/Camp and cabin clean-up
	Toboggan Science or <u>Scales, Scutes, and Skins</u> (A) – <i>1 naturalist</i>	9-10:15 am	Snowshoeing or <u>Beaver Ecology</u> (B) – <i>1 naturalist</i>
1-1:40 pm	Group Initiatives (B1) – <i>1 naturalist</i> Broomball (B2) – <i>Group led</i>		Outdoor Survival (C) – <i>1 naturalist</i> Tree Identification (A) – <i>1 naturalist</i>
1:50-2:30 pm	Group Initiatives (B2) – <i>1 naturalist</i> Broomball (B1) – <i>Group led</i>	10:15-10:30 am	Break/Free time
		10:30-11:45 am	Snowshoeing or <u>Beaver Ecology</u> (C) – <i>1 naturalist</i>
			Outdoor Survival (A) – <i>1 naturalist</i> Tree Identification (B) – <i>1 naturalist</i>
3:00-3:30 pm	Snack/Free time	11:45 am	Load buses
		12:00 pm	Group departs
3:30-5 pm	Cross Country Skiing or <u>Animal Signs</u> (B) – <i>1 naturalist</i>		
	Toboggan Science or <u>Scales, Scutes, and Skins</u> (C) – <i>1 naturalist</i>		

Example Schedules

Fall/Spring Program

80 youth, 4th grade

- Students are split into four groups of 20 students (A, B, C and D) for easy coordination and transition while at Upham Woods.
- Many of our classes can be led by adults from your group (marked *Group led* on the schedule).
- The schedule below is based upon **river** accessibility. Alternative classes in the event of high water flow are also listed
- Schedules can be modified based upon arrival and departure times of your group.
- Your group's size determines the number of naturalist staff available at any given time (1-3 naturalists), but additional staff can be requested for a fee (subject to availability).

Day 1

8:45 am	Group arrives	
9 am	Orientations for youth, adults, and	Wacky Water Critters adult leader
9:15-11:45 am	Blackhawk Island Hike or <u>North Shore Hike</u> (A, B) – 2 <i>naturalists</i>	
9:15-10:25 am	Wacky Water Critters (C) – <i>Group led</i>	
	Service Project (D) – 1 <i>naturalist</i>	
10:35-11:45 am	Wacky Water Critters (D) – <i>Group led</i>	
	Service Project (C) – 1 <i>naturalist</i>	
11:45 am	Lunch Setup	
Noon	Lunch	
1-3:45 pm	Blackhawk Island Hike or <u>North Shore Hike</u> (C, D) – 2 <i>naturalists</i>	
1-2:15 pm	Wacky Water Critters (A) – <i>Group led</i>	
	Service Project (B) – 1 <i>naturalist</i>	
2:30-3:45	Wacky Water Critters (B) – <i>Group led</i>	Service Project (A) – 1
<i>naturalist</i>		
3:45-4 pm	Break/Free time	
4-5:15 pm	Radical Raptors (A, B, C, D) - 1 <i>naturalist</i>	

Day 1 (continued)

5:15 pm	Dinner Setup	
5:30 pm	Dinner	
6:30-7:30 pm	Campfire (A, B, C, D) – 3 <i>naturalists</i>	
7:45 pm	Group departs	

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