

Reservations

To ensure instructor availability, please reserve your program choice a minimum of one month prior to the program date. Programs are on a first come, first serve basis. Reservations made later may result in limited instructor availability. Full payment is due one month prior to the program based on participants at that time. Programs are current as of 09/04/2014 and are subject to change.

Program Selection

Contact Jessica Ruch, Willow Springs Program Center Program Coordinator, at jruch@girlscoutsaz.org or by phone at 928-778-5127 to coordinate program selections and schedule. You will need to send her the activity choice and number of participants. She will then coordinate the schedule and program instructors.

Property Fees

The fee for day use is \$5.00 per girl and adult and is separate from program fees. Each person must pay the \$5.00 property fee.

All participant numbers are based on the numbers provided at the time of registration. Numbers may change up to 1 month prior to the program. If change is significant, costs for scheduled staff may be added.

Program Fees

Prices are per GIRL or per PARTICIPANT (Girl and Adult may participate); otherwise adults do not pay the program fee as they serve as supervision ratio during program, along with Willow Springs program instructors. Fee type is listed under program description.

All participant numbers are based on the numbers provided at the time of registration. Numbers may change up to 1 month prior to the program. If change is significant, costs for scheduled program instructors may be added.

Class Structure

Each program/class listed below is per class session. Many sessions can be led simultaneously to accommodate many groups.

Troop Pre-Requisite

An adult who is certified in Troop Camp Certification Level 1 and First Aid/CPR is required for each troop. All participants must be registered with the current membership year. In addition all adults must have a cleared background check with Arizona Cactus Pine Council.

Inclement Weather

Please dress accordingly for programs. All programs take place outdoors, rain or shine (including during the winter months). If there is inclement weather (lightning/thunder) program will be moved to an indoor location and modified.

Modified activity examples include:

- Archery = Indoor archery games
- High Challenge Course = Teambuilding

Willow Springs Program Center

EXAMPLE SCHEDULES

Example Schedule – After-School

3:30pm	Arrive at Camp <i>(bring water bottle, wear close-toed shoes, daypack and snacks)</i>
3:45-5:45pm	Activities <i>(choose from options)</i>
6:00pm	Depart Camp

Fees include \$5.00 per person property fee PLUS program fees

Example Schedule – Full Day

9:00am	Arrive at Camp <i>(bring water bottle, wear close-toed shoes, daypack and lunch and dinner)</i>
9:30-12:30	Activities <i>(choose from options)</i>
12:30pm	Lunch <i>(sack lunch, bring with you)</i>
1:15-5:15pm	Activities <i>(choose from options)</i>
5:30pm	Dinner <i>(bring with you)</i>
6:30-7:30pm	Evening Activities <i>(see list)</i>
8:00pm	Depart Camp

Fees include \$5.00 per person property fee PLUS program fees (Choose 8 hours options)

LEADER CHECKLIST

- Read through the program descriptions and choose the best programs that will meet the interests of your girls
 - Call or email Willow Springs Program staff with the program choices and the number of girls or participants for each class
 - Receive confirmation of classes and cost for program and property feeds
 - Submit payment to Council office
 - Receive program schedule from Willow Springs via email
 - Confirm with Willow Springs that you have received the schedule
 - Communicate with Willow Springs for any changes in program choices or participant numbers.
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STAFF/INSTRUCTOR LED PROGRAM

OUTDOOR EDUCATION

Walk in the Woods

ALL AGE LEVELS 1.5 OR 3 HOURS \$5.00 PER GIRL MIN 5 / MAX 25 PER SESSION

Girls will explore the forest on a hike with activities that focus on identifying various plants, shrubs and trees. They might meet a tree, go on a scavenger hunt, hear a story of a tree's life or create art from plants.

Animals in the Forest

ALL AGE LEVELS 1.5 OR 3 HOURS \$5.00 PER GIRL MIN 5 / MAX 25 PER SESSION

Have you ever seen a hole in the ground and wondered if a wild animal lives there? We will explore in the forest and field of Willow Springs, on the search for our wildlife neighbors. Learn how to identify footprints and mimic animal adaptations.

Art & Nature

ALL AGE LEVELS 1.5 HOURS \$5.00 PER GIRL MIN 5 / MAX 25 PER SESSION

Nature is full of creativity and so are you! This program will get girls outside and appreciating all the natural art supplies camp has to offer. We might make earth mobiles or Karins, write in a hand-made journal or sketch and paint. No matter what we do, we'll be exploring nature through meaningful activities that emphasize appreciation of nature and all its beauty.

Woods Games

ALL AGE LEVELS 1.5 HOURS \$5.00 PER GIRL MIN 5 / MAX 25 PER SESSION

The woods are a perfect place to explore and learn new ways of seeing, hearing, smelling, and touching. This program will guide girls to fully use their senses, play various games to gain comfort in the outdoors, and have fun learning more about forest life.

Get to Know Your H2O

ALL AGE LEVELS 3 HOURS \$5.00 PER GIRL MIN 5 / MAX 25 PER SESSION

What is water made of? What lives in the water? Girls will answer these questions through a hands-on learning expedition into the waterways of Willow Springs. They will search for macro-invertebrates, understand more about a riparian habitat, and observe how water moves across the land.

TEAMBUILDING

Circle of Friends

ALL AGE LEVELS 1.5 OR 3 HOURS \$6.00 PER GIRL MIN 5 / MAX 20 PER SESSION

Understanding each other and learning more about what they have in common, girls will begin to tell their stories and listen to others. Through engaging activities girls will also identify how their actions affect others, and define behaviors and qualities of true friends.

Theater Games

4TH GRADE AND UP 1.5 HOURS \$6.00 PER GIRL MIN 5 / MAX 20 PER SESSION

The skill, to say "YES!, AND!" is essential to living and working together. Girls will play various theater games that will improve their communication skills, understand the value of accepting an "offer" from another player and how theater can be applied to life. This class is a wonderful compliment to the Team Building I class as we continue to build on their renewed leadership and how to work within a team.

Team Building I

4TH GRADE AND UP 1.5 HOURS \$6.00 PER GIRL MIN 8 / MAX 20 PER SESSION

What does it take to build a strong team? In these fun and challenging games girls will learn about themselves and what's most important for them to work well with others. They will work together in a team to solve various problems. A great confidence builder - for the individual and troops alike!

Team Building II

4TH GRADE AND UP 1.5 HOURS \$6.00 PER GIRL MIN 8 / MAX 12 PER SESSION

*All Participants must have their Parent/Guardian sign the Challenge Course Waiver and bring to camp
Girls will learn more about each other through various teambuilding games and activities. Girls will also engage in an element on the Low Challenge Course ("a built element" constructed in order to solve a challenge presented to the group) that will enhance their performance as a cooperative team.

Low Challenge Course

6TH GRADE AND UP 3 HOURS \$8.00 PER GIRL MIN 8 / MAX 12 PER SESSION

The Low Challenge Course is a class that uses progression and trust building exercise to prepare girls for the low challenge course. The Low Course consists of "built elements" that are constructed in order to solve a challenge presented to the group and girls work together as a cooperative team.

High Challenge Course: Zip-line or Leap for Life

6TH GRADE AND UP 3 HOURS + \$14.00 PER PARTICIPANT MIN 5 / MAX 25 PER SESSION

*All Participants must have their Parent/Guardian sign the Challenge Course Waiver and bring to camp. *We recommend that Girls participate in Low challenge course prior.*

There are two high ropes "elements" or structures at Willow Springs. Both elements provide a significant mental/emotional challenge. Girls will have the opportunity to experience one of our two elements (please choose), the zip-line or the leap for life where they will be "on belay" and then climb 40 feet into the trees and continue their challenge. We emphasize "challenge by choice", group support, and of course, safety!

Challenge Course Package

6TH GRADE AND UP 6 HOURS + \$20.00 PER GIRL MIN 8 / MAX 12 PER SESSION

All Participants must have their Parent/Guardian sign the Challenge Course Waiver and bring to camp.

In order to have a full experience building a cooperative team environment, we have found that when girls experience the Low Challenge Course before the High Challenge Course, they are better able to support and encourage one another. The Challenge Course Package offers a combined rate so that girls are able to participate in both. *Low Challenge is 3 hours in the morning and High Challenge is 3 hours in the afternoon*

Night Zip

6TH GRADE AND UP 3 HOURS + \$22.00 PER PARTICIPANT MIN 12/MAX 25 PER SESSION

All Participants must have their Parent/Guardian sign the Challenge Course Waiver and bring to camp.

Imagine hiking through the Willow Springs forest and seeing the zip-line complex glowing with the light of dozens of glow sticks. Participants will be supported with staff for direction and guidance as they climb up the 40 foot tree, walk the wooden beam, cross the wire cable and then step onto the zip platform where you will be zipped off into the darkness hearing the cheers of your friends below.

OUTDOOR SKILLS

Outdoor Safety

K-3RD GRADE 1.5 HOURS \$6.00 PER GIRL MIN 5 / MAX 25 PER SESSION

This program will get girls outside learning the basics of safety when traveling from home, what to pack, how to read a map, and what to do in an emergency. They will also spend time constructing shelters and learn how to make a safe fire.

Geo-cache

4TH GRADE AND UP 1.5 OR 3 HOURS \$6.00 PER GIRL MIN 5 / MAX 25 PER SESSION

Learn to work with a GPS to locate caches and special places on our site. Girls will have the opportunity to lead the group in pairs and go in search of treasures using the magic of satellite technology! Once at the cache-site girls will be able to leave and take a trade item. *All Girls participating in this class must bring a "trade item" for the cache (whistle, sticker, something home-made, etc.)

Outdoor Survival

4TH GRADE AND UP 3 HOURS \$6.00 PER GIRL MIN 5 / MAX 25 PER SESSION

This program will get girls outside learning the basics of as they identify the most critical aspects in the chain of outdoor survival. They will build a shelter, make a fire, and role-play various scenarios that they may need to encounter if in a survival situation.

Archery Level I

4TH GRADE AND UP 1.5 HOURS \$6.00 PER PARTICIPANT MIN 7 / MAX 21 PER SESSION

Using National Archery Association rules of safety and etiquette, girls learn the basics of shooting. This session will cover safety, equipment and terminology, and basic shooting technique. Girls will shoot 5-15 arrows.

Archery Level II

4TH GRADE AND UP 1.5 HOURS \$8.00 PER PARTICIPANT MIN 7 / MAX 21 PER SESSION

After a quick review of archery basics and equipment terminology, girls will practice their aim, accuracy and consistency. They will have a chance to practice their technique with individual feedback and coaching as well as shoot at a variety of targets and keep track of their points.

Outdoor Chef I

2ND GRADE AND UP 1.5 HOURS \$6.00 PER PARTICIPANT MIN 5 / MAX 20 PER SESSION

Cooking in the outdoors can be magical. Girls will learn how to cook over both a propane stove and a fire while cooking three different snacks; one snack baked in aluminum foil, one snack on a stick, and the third using a stove.

Outdoor Chef II

4TH GRADE AND UP 3 HOURS \$8.00 PER PARTICIPANT MIN 5 / MAX 20 PER SESSION

Let's get cooking! Girls will learn the basics of fire building and safety while they work in small teams to create a meal. They will learn about and use propane stoves, charcoal and/or fire to cook a full meal, complete with dessert.

SPECIALTY PROGRAM

Ceramics I

ALL AGE LEVELS 30-45 MINUTES \$6.00 PER PARTICIPANT MIN 10 / MAX 30 PER SESSION

We supply bisque-ware (pre-fired clay bowls or mugs) for girls to paint with a variety of colors and techniques. Each participant will paint one project. Bisque-ware projects can dry quickly and be fired the same day; however, groups must be at camp overnight to take it home the next day; otherwise, projects will be taken to the Council Shop for pick-up typically two weeks after program date.

Ceramics II

ALL AGE LEVELS 1 HOUR \$8.00 PER PARTICIPANT MIN 10 / MAX 30 PER SESSION

Learn about the basics of working with clay. Participants will use their creativity and imaginations to design their very own pinch pot, coil pot, or slab project that will be fired in our very own Zuni Ceramics Studio. Clay projects take 2-3 days to dry before firing and projects will be taken to the Council Shop for pick-up typically three weeks after program date.

CAMP ACTION PROJECT

Water Catchment Swales

ALL AGE LEVELS 1.5 OR 3 HOURS NO COST MIN 5 / MAX 40 PER SESSION

Get dirty, use your muscles, and help out your camp! We will work together to construct passive water catchments (also known as swales or water ditches) that will sink water into the ground and decrease soil erosion around camp. Show your love for Willow and help us through service.

CAMP EVENING PROGRAM

Campfire

ALL AGE LEVELS 1 HOUR \$.50 PER PARTICIPANT MIN 10 / MAX 250 PER SESSION

Willow Springs camp staff will help organize your campfire event. They will sing songs, coordinate the campfire schedule (including obtaining sign-ups from your girls) and set the stage for an evening of fun and stories. *S'mores not included; you are encouraged to bring some to share after the campfire program.*

Night Hike

ALL AGE LEVELS 1 HOUR \$1.00 PER GIRL MIN 10 / MAX 25 PER SESSION

Sign up for this evening event where Willow Springs staff will take your girls on a hike they will remember. We will conduct special activities that can only be done when the sun has set. We will listen for wild animals and conduct experiments that change the way we see the world with our night vision.

Star Tales

ALL AGE LEVELS 1 HOUR \$1.00 PER PARTICIPANT MIN 10 / MAX 40 PER SESSION

Have you ever noticed the Big Dipper? Or are you just waiting for Betelgeuse to go nova? Delve deeper into your stargazing and tour the skies at Willow Springs! Learn celestial navigation, the stories behind the constellations, and figure out what stars are really made of.

Invention Convention

ALL AGE LEVELS 1 HOUR \$3.00 PER PARTICIPANT MIN 10 / MAX 30 PER SESSION

Participants will use their creativity, imagination, and cooperation in this indoor program option. Groups of 4-6 will work together to solve mysteries, create stories and skits, use their hands to sculpt an answer out of play-dough, and build the tallest tower out of household items.

EARNED AWARDS

Badge-Work

ALL AGE LEVELS 3-6 HOURS \$8.00 PER GIRL MIN 5 / MAX 30 PER SESSION

Willow Springs is the perfect place for you to earn some badges in the outdoors. The majority of the programs we provide will have many of the requirements for earned awards. Examples of badges that can be accommodated at Willow Springs are listed below. *Price includes associated badge/earned award.*

Brownies

- Painting
- Fair Play
- Snacks
- Brownie First Aid
- Bugs
- Dancer
- Home Scientist
- Potter
- Senses
- Hiker
- Letter boxer
- Making Friends

Juniors

- Drawing
- Simple Meals
- Junior First Aid
- Jeweler
- Camper
- Geo-Cacher
- Animal Habitats
- Playing the Past

Cadettes

- Trees
- Finding Common Ground
- Cadette First Aid
- Science of Happiness
- Trailblazing
- Night Owl

Seniors

- Senior First Aid
- Adventure

Girl Scout Journeys

ALL AGE LEVELS 6-12 HOURS PRICE VARIES MIN 5 / MAX 20 PER SESSION

We can schedule multiple visits to assist girls in earning their Journey award. Please call to schedule and we will work with your troop. *Price includes associated badge/earned award. Price depends on allotted time and number of days.*

CAMP STORE

Trading Post

ALL AGE LEVELS 5-10 MINUTES PER 20 PEOPLE

Sign up for a time to visit the Trading Post (camp store) at Willow Springs. Items include stuffed animals, Willow Springs patches, jewelry, t-shirts, hats, and much, much more. Items range in price from \$.50 to \$30.00. Suggested spending money per participant is \$2.00-\$20.00.