

Reservations

To ensure instructor availability, please reserve your program choice a minimum of 1 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 **September 9, 2015** and are subject to change.

Program Selections

- **STEP #1** – contact Willow Springs Program Center at gswillow@girlscoutsaz.org or by phone at 928-778-5127 and receive the full list of current Program Options and Program Use Request Form. *Please note eligibility requirements, grade levels, and length of classes.*
- **STEP #2** – share program options with girls and complete the Program Use Request Form.
- **STEP #3** – send completed Program Use Request Form to gswillow@girlscoutsaz.org

Eligibility Requirements & Accommodations

All programs are structured for the age level noted in the description. In order to best serve girls and adults, please consider any needed accommodations for the participants. It is essential that the Program Staff have full awareness of participant accommodations or requests (examples can include: relevant medical history, food allergies/restrictions, mobility, etc.).

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. Please note the total number of people on the Program Request Form.

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.

Program Fees

Prices are either 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.

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

Most all programs take place outdoors, rain or shine (including during the winter months). We do not cancel programs due to rain, snow, or cold. In order to have the best experience, participants must come prepared and dress accordingly for programs.

- **Warm Weather = temperatures average 70-100° F** – What to bring & what to wear: Water bottle, Light colored clothing, sun hat, sunscreen, close-toed shoes with socks
- **Cold Weather = temperatures average 10-40° F** – What to bring & what to wear: Water bottle, clothing layers (leggings/pants/rain pants & long-sleeve shirt/t-shirt/sweatshirt/cold weather jacket & hat & gloves) sun hat, sunscreen, waterproof close-toed shoes with socks

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

LEADER CHECKLIST

- Read through the program descriptions and choose the best programs that meet the interests of the girls
- Share program options with Girls and complete the Program Use Request Form
- Send Program Use Request Form to Willow Springs Program Staff at gswillow@girlscoutsaz.org
- Receive confirmation of classes, price and challenge course waiver* form (if applicable) from Willow Springs Program Staff
- Ensure all participants have a copy of the challenge course waiver for their parents/guardians to sign and return back to you. **Waiver can only be signed by a parent/guardian.**
- Receive program schedule from Willow Springs Program Staff via email
- Confirm with Willow Springs Program Staff that you have received the schedule and all is well
- Communicate with Willow Springs Program Staff for any changes in program choices or participant numbers
- Collect Challenge Course waivers* from all participants

***LOW challenge for girls 4th-12th grades and HIGH challenge for 6th-12th grades**

EXAMPLE SCHEDULES

Example Schedule – After-school

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

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

Example Schedule – Full Day

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

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

DAY OF CHECKLIST

- Be in possession of all Girl and Adult Health / Permission Cards while traveling to camp
- Check to see all Girls and Adults bring emergency medications (as applicable)
- Check that all participants are prepared for camp
 - water bottle
 - protection from the weather (sun or cold) clothing layers and hat
 - wear close-toed shoes with socks
- Bring snacks and lunch (depending on how long you plan on being at camp)
- Bring signed Challenge Course Waivers*
- Call Willow Springs if you are running late, etc. 928-778-5127

****LOW challenge for girls 4th-12th grades and HIGH challenge for 6th-12th grades***

STAFF/INSTRUCTOR LED PROGRAMS

OUTDOOR EDUCATION

Walk in the Woods

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

All girls must have their parent/guardian sign the Challenge Course Waiver and bring to camp.

The Low Challenge Course is a class that uses progression and trust building exercises to prepare girls for the low challenge course. The Low Course consists of “built elements” that are constructed as a stand-alone problem to solve. Each “element” has specific safety procedures and a story that will allow girls to work together in order to solve the challenge presented to the group.

High Challenge Course: Zipline Complex

6TH GRADE AND UP 3 HOURS+ \$14.00 PER PARTICIPANT MIN 12 / MAX 25 PER SESSION

All girls must have their parent/guardian sign the Challenge Course Waiver and bring to camp. We recommend girls participate in Low Challenge Course prior.

The Zipline Complex is a built structure 35-40 feet in the trees. It is called a Complex as there are two routes to which the participant can choose their own adventure and challenge. The Zipline Complex provides a significant mental/emotional challenge for participants. All Participants begin by climbing a tree (35-40 feet) while on belay and then transfer to the next system. The final challenge is “zipping” down a 200-foot wire.

High Challenge Course: Leap for Life

6TH GRADE AND UP 3 HOURS+ \$14.00 PER PARTICIPANT MIN 12 / MAX 25 PER SESSION

All girls must have their parent/guardian sign the Challenge Course Waiver and bring to camp. We recommend girls participate in Low Challenge Course prior.

The Leap for Life is a constructed element that involves a 6-foot wooden platform built in a tree 35-40 feet high. Participants climb the tree on belay (connected to a rope) the entire time. Once on the wooden platform they walk six feet out to the edge of the platform, communicate to the staff person on belay, and jump. This element provides a significant mental/emotional challenge.

Challenge Course Package

6TH GRADE AND UP 6 HOURS + \$20.00 PER GIRL MIN 8 / MAX 12 GIRLS 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 GIRLS 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 GIRLS 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 GIRLS 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 GIRLS 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 5 / 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 5 / MAX 21 GIRLS 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

Girls will learn beginning outdoor cooking skills. They will understand basic fire and stove safety, prepare ingredients for one sweet and one savory snack, and cook their food over an open flame. It is important for adults to encourage girls to get hands-on experience through this class. All food allergies or restrictions must be shared with Willow Program Staff at least one week in advance of program (examples include: lactose intolerance, gluten free, vegan, nut allergies, etc.).

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 review the basics of outdoor kitchen 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. All food allergies or restrictions must be shared with Willow Program Staff at least 1 week in advance of program (examples include: lactose intolerance, gluten free, vegan, nut allergies, etc.).

SPECIALTY PROGRAM

Ceramics I

ALL AGE LEVELS 30 -45MINUTES \$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

Unit Beautification – Rock Garden Beds

ALL AGE LEVELS 1.5 OR 3 HOURS NO COST MIN 5 / MAX 20 PER SESSION

Do you enjoy physical labor and being a part of a project that will last? In order to help our local plants and retain soil at Willow Springs, we will move large rocks and mulch in order to build natural rock retaining walls around the vegetation that thrives in the cabin areas and around camp.

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.

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 GIRLS / MAX 30 GIRLS 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
- Outdoor Art Creator

Juniors

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

Cadettes

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

Seniors

- Senior First Aid
- Adventure
- Outdoor Art Expert

Ambassadors

- Outdoor Art Master

Girl Scout Journeys

ALL AGE LEVELS 6-12 HOURS \$12.00 PER GIRL MIN 5 / MAX 20 GIRLS 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.

CAMP STORE

Trading Post

ALL AGE LEVELS 5-10 MINUTES PER 20 PEOPLE MIN 5 / MAX 200

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.