

## 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 **March 10, 2016** and are subject to change.

## Program Selections

- **STEP #1** – contact Willow Springs Program Center at [gswillow@girlscoutsaz.org](mailto:gswillow@girlscoutsaz.org) or by phone at 928-778-5127 and receive the full list of current Program Options. *Please note eligibility requirements, grade levels, and length of classes.*
- **STEP #2** – share program options with Girls and compile the list of preferred activities along with the following information: number of girls, grade level, troop #, food allergies (if taking outdoor cooking classes), and potential accommodations.
- **STEP #3** – send compiled information (# of girls, grade level, and troop #) to [gswillow@girlscoutsaz.org](mailto: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.).

## 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. Programs can occur Friday, Saturday and/or Sunday.

## 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

## ENCAMPMENT LEADER CHECKLIST

- Read through program descriptions and choose the programs that meet the interests of your girls
- Call or email Willow Springs Program Staff with the following information
  - program choices and the number of girls, and/or participants for each class
  - grade level
  - troop #
  - food allergies (if taking outdoor cooking classes), and potential accommodations
- Receive confirmation of classes, price and challenge course waiver form (if applicable) from Willow Springs Program Staff
- Submit payment to Council office
- Ensure all participants have a signed challenge course waiver to bring to camp for low and high challenge course programs. **Waiver can only be signed by a parent/guardian.**
- Receive program schedule from Willow Springs Program Staff via email
- Confirm with Willow Springs staff that you have received the schedule and all is well
- Communicate with Willow Springs staff for any changes in program choices or participant numbers
- Day of Camp – collect Challenge Course waivers for all participants and turn in to Willow Program Staff upon arrival at Willow Springs

### STAFF/INSTRUCTOR LED PROGRAMS

#### OUTDOOR EDUCATION

##### **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 of Willow Springs, on the search for our wildlife neighbors. Girls will learn more about wildlife habitats, search for wildlife, 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, use natural materials to weave and place our work of art in the forest. No matter what we do, we'll be exploring nature through meaningful activities that emphasize appreciation of nature and all its beauty.

##### **Get to Know Your H2O**

ALL AGE LEVELS      1.5 OR 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 animal creatures (macro-invertebrates), understand more about the water cycle and riparian habitats.

##### **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.

##### **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 exploring the forest.

### 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 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 Girls 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: Zip-line 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 that Girls participate in Low challenge course prior.*

The Zip line 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 Zip line 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 that 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 Girls 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 a girl is able to participate in the full challenge course experience through Low and High. *Low Challenge is 3 hours in the morning and High Challenge is 3 hours in the afternoon. This a 6 hour class option – the same girls participate throughout 6 hours (low then high challenge course). No participant substitutions can be made*

### Night Zip

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

*All Girls 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. The Night Zip is an experience like no other, taking place at night where staff assist in clipping girls into the next system while in the trees 35-40 feet within the Zip line Complex. Participants will be supported by staff as they climb up the 40 foot tree, walk the wooden beam, cross the wire cable and then step onto the zip platform where they will be zipped off into the darkness hearing the cheers of your friends below.

### OUTDOOR SKILLS

#### Archery Level I

4TH GRADE AND UP      1.5 HOURS      \$6.00 PER PARTICIPANT      MIN 5 / MAX 21 GIRLS 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.

#### 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 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 1 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.).*

#### Outdoor Safety

K-3<sup>RD</sup> 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 in the outdoors, what to pack, how to read a map, and what to do in an emergency. They will also spend time hands-on learning through outdoor scenarios, and fire safety.

### 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, understand how to filter and purify water and role-play scenarios that they may need to encounter if in a survival situation.

## 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.*

## 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      \$2.00 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.

## 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.

## 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 Adventurer
- Outdoor Art Creator

#### Juniors

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

#### Cadettes

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

#### Seniors

- Senior First Aid
- Adventure
- Outdoor Art Expert

#### Ambassadors

- Outdoor Art Master



## TROOP LEADER / ENCAMPMENT LED PROGRAM

### GENERAL CAMP PROGRAM

Willow Springs will provide program materials and set up. Troop Leaders / Encampment leaders are responsible for leading the program.

#### Leather-stamped bracelets

ALL GRADE LEVELS      30 MINUTES      \$2.00 PER PARTICIPANT      MIN 5 / MAX 20 PER SESSION

Using a pre-cut leather bracelet, participants will be able to “stamp” their own design into the leather and wear it home to show off to friends and family.

#### Watercolor Painting

ALL GRADE LEVELS      30-60 MINUTES      \$2.00 PER GIRL      MIN 5 / MAX 20 GIRLS PER SESSION

Working with watercolor paints your girls will spend time painting a scene of their choice.

#### Nature Scavenger Hunt

K-5<sup>TH</sup> GRADE      30-60 MINUTES      50¢ PER GIRL      MIN 5 / MAX 20 GIRLS PER SESSION

Girls will enjoy using their senses and discover aspects of nature while completing a scavenger hunt.