



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Camp Bernie Activity List

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- Ice Cream Social

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Activity Descriptions

The following list includes all of the activities available as part of YMCA Camp Bernie's Outdoor Education Program. A brief description, staff requirements, and time of year offered (including optimal season, if any) follow each title. All activities are designed to be run in 1.5 hours blocks (unless otherwise indicated) for groups of about 15 participants.

Teambuilding & Adventure

Initiative Games

Also known as pre-ASEs, this session will get the group ready for the ASE Teambuilding Challenges through group-oriented activities geared toward working together. Fun and relatively easy, individuals will learn some of the needed skills required for the more advanced cooperative learning elements. Can be led by Camp Bernie or group/school staff, year-round, outdoors or indoors.

2.2.4.A, 2.2.4.C, 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.2.6.C, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.2.12.A, 2.2.12.C, 2.5.12.A, 2.5.12.B

Teambuilding Challenges (ASEs)

The core of our Teambuilding Challenges presents each group with various obstacles, some more physical in nature than others. Although success is the focus, we determine the group's success not by whether they complete a challenge or how fast, but by the degree to which they make progress working together as a group. There are various levels of difficulty among the elements. Through creativity and flexibility, we can adapt just about any obstacle to your group's need. 1.5 - 3 hours, Camp Bernie staff required, year-round, outdoors or indoors.

2.2.4.A, 2.2.4.C, 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.2.12.A, 2.2.12.C, 2.5.12.A, 2.5.12.B

Low Ropes Course

Low Ropes give individuals direct control over their own success and safety. Team members use encouraging words and physical techniques (spotting) to develop trust, a positive team spirit, and the courage and confidence to overcome mental and physical obstacles together in small groups. **We have two low ropes courses to maximize participation!** Camp Bernie staff required, year-round, outdoors, weather dependent.

2.2.4.A, 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.2.12.A, 2.5.12.A, 2.5.12.B

Climbing Tower

A 40-foot climbing and rappelling tower that teaches self-confidence, goal setting and team spirit. Participants are securely anchored to what is known as a dynamic belay system which allows them to face and hopefully overcome their fear of heights and test their self-motivation in a challenging but safe environment. A team belay is also an option, which gets the team involved in each climber's experience. Camp Bernie staff required, year-round, outdoors, weather dependent.

2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.5.12.A, 2.5.12.B

Rappelling

Also taking place at the Climbing Tower, this class teaches a new skill of rappelling down to the ground from the very top. Participants will climb "staples" and learn how to lower themselves to the ground safely with the guidance and backup safety provided by Camp staff. Camp Bernie staff required, year-round, outdoors, weather dependent.

2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.5.12.A, 2.5.12.B

Giant Swing

Participants can choose their own challenges in this exhilarating event. Wearing a harness, a participant is connected to cable in the trees. A team belay pulls the participant up to his/her desired height, up to 35 feet. When ready, he/she pulls the ripcord and swings. This activity helps build trust and cooperation as well as encourages individual challenge. Camp Bernie staff required, year-round, outdoors, weather dependent.

2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A,

2.5.8.B, 2.5.8.C, 2.5.12.A, 2.5.12.B

High Ropes

An exciting adventure for participants 5th grade and older, High Ropes is an experience the group will remember for a lifetime! Challenging but rewarding, this session takes place 35 feet above the ground, and is an excellent teambuilding activity. Course includes a Multi-vine, or Heebie-Jeebie, or Floppy 2-Line which spans 40 feet, and a Horizontal Wobbly Bridge which spans 30 feet. Camp Bernie staff required, Early Fall and Late Spring, outdoors, weather dependent. 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.5.12.A, 2.5.12.B

Zipline

This exhilarating activity for participants 6th grade and older, the Zipline takes place at 41 feet above the ground, and lets participants soar above the treetops, across the full length of our athletic field (over 300 feet)! This dual zipline even allows two participants to experience the thrill together. Camp Bernie staff required, Early Fall and Late Spring, outdoors, weather dependent.

2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.5.12.A, 2.5.12.B

Vertical Playpen

This adventure activity combines everything we love about teambuilding: getting everyone involved, stepping out of our comfort zones, and working together to get the team to the top! Up to 4 climbers use their creativity to help each other to the top. It starts with a cargo net, leads on to a giant ladder, and then a choice of a rope ladder, tire tower, or "the caterpillar".

1.5 hours, Camp Bernie staff, year-round weather dependent.

2.2.4.A, 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.2.12.A, 2.5.12.A, 2.5.12.B

Raft Building

Build it well or you are likely to get wet! Promoting teamwork, planning and communication skills, participants work together to build a raft that will be paddled by the team around our pond course. The rafts will be constructed from different components; 55 gallon drums, 1"x6" lumber, and rope. Depending on the size of the class, 2, 3 or 4 rafts will be built, each by a different small group, thus adding an element of friendly competition. The amount of instructor input on design and construction will depend on individual group requests. Camp Bernie staff required (lifeguard on duty), **April 15-October 15**, outdoors, weather dependent.

2.2.4.A, 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C, 2.2.12.A, 2.5.12.A, 2.5.12.B

Environmental Awareness

Point Mountain-Guided Hike

Hike 2.5 miles of trails through Camp Bernie, to the neighboring Hunterdon County Recreational area, and up to Point Mountain. See four counties at once from the scenic overlook of the Musconetcong River Valley. May also include the reading of Dr. Seuss' The Lorax. Can also be combined with a hike and study of the Mt. Lebanon Cemetery. A great wind-down activity for the last morning at camp. Can be led by Camp Bernie or group/school staff, year-round, outdoors.

2.6.4.A

Stream Ecology

Developing an awareness of life within an aquatic ecosystem, participants will have the opportunity to sample plant and animal life in our on-site stream. Different stages of life development are presented, focusing on each organism's importance and impact on the food chain. Does a frozen pond or stream still support life? Do fish and other aquatic life head south for the winter? How do they survive? In the winter months, students will explore the frozen environs of the stream to answer these and other questions. Participants may get wet. Can be led by Camp Bernie or group/school staff, year-round, outdoors.

2.2.4.A, 2.5.4.A, 2.6.4.A, 2.5.8.A, 5.1.4.A, 5.1.4.B, 5.1.4.C, 5.1.4.D, 5.3.4.A, 5.3.4.C, 5.3.4.D, 5.3.4.E, 5.3.6.B, 5.3.6.C, 5.4.6.G, 5.1.8.A, 5.1.8.B, 5.1.8.C, 5.1.8.D, 5.3.8.E

Forest Ecology

Includes a variety of activities ranging from general awareness activities to basic ecology concepts, all presented in an interactive, fun environment. Promotes awareness and appreciation of the multiple values of forests and how ecosystems interrelate. What happens to the forest in Winter? Participants will learn to view the forest as a whole, becoming aware of how animals, trees, and other organisms cope and survive. Activities may include tree identification, seed pod identification, and looking for evidence of animals including tracks, shelters and feeding sites. Can be run by Camp Bernie or group/school staff, year-round, outdoors. 5.1.4.B, 5.1.4.C, 5.3.4.A, 5.3.4.B, 5.3.4.C, 5.3.4.D, 5.3.4.E, 5.3.6.B, 5.3.6.C, 5.4.6.F, 5.4.6.G, 5.1.8.B, 5.1.8.C, 5.3.8.B

Owls and their Adaptations

What's an owl pellet...?? Come discover and explore this nocturnal raptor's important role in the forest food chain. Participants will identify owls, their adaptations and explore their environment, including what they eat. A great hands-on, indoor activity. Can be led by Camp Bernie or group/school staff, year-round, outdoors or indoors. **Additional Cost:** \$2.50/pellet.

5.1.4.A, 5.1.4.B, 5.1.4.C, 5.1.4.D, 5.3.4.E, 5.1.8.A, 5.1.8.B, 5.1.8.C, 5.1.8.D, 5.3.8.C, 5.3.8.E

Predator and Prey

Ever wonder what it was like to be a rabbit? A bear? A mountain lion? This activity assigns animal roles to students as they take on a predator and/or prey positions within the forest environment. Stalk your meal or feel the sometimes frightening reality of the hunt. Learn about animal adaptations, strategies to remain alive and the balance of nature. Can be run by Camp Bernie or group/school staff, year-round, outdoors.

2.2.4.A, 2.5.4.A, 2.5.4.C, 2.6.4.A, 2.5.8.A, 2.5.12.B, 5.1.4.A, 5.1.4.B, 5.1.4.C, 5.3.6.B, 5.1.8.B, 5.1.8.C, 5.1.8.D, 5.3.8.B, 5.8.3.C, 5.3.8.E

Captivating Critters Animal Show

We teach appreciation for the animals we show by highlighting their unique beauty as well as the vital role they play in nature. By discussing interesting and little-known facts we dispel common misconceptions and provide the kids with a literal hands-on experience. In the end, the concept of biodiversity and the animals themselves, will be better understood. Camp Bernie staff required, year-round, indoors.

5.1.4.A, 5.1.4.C, 5.1.4.D, 5.1.8.D

Weather Station

15 minutes prior to each meal (at the same as waiters), this activity covers the use and reading of different weather instruments. Students focus on reading scales, conversion between units, and comparison between analogue and digital systems. From the data collected by the students, they will make a prediction of the weather in the near future. Camp Bernie staff required, year-round.

5.1.4.A, 5.1.4.B, 5.1.4.C, 5.4.4.F, 5.4.4.G, 5.4.6.F, 5.1.8.B, 5.1.8.C, 5.1.8.D

Food Waste

At the end of each meal, the amount of food and liquid waste is collected and weighed. This is to make the group aware of the amount of waste generated and help the group understand portion control and healthy eating habits. Using the weight of each meal a goal is set to try and lower the amount at the subsequent meals. Along with food and liquid waste, compost is also collected and weighed to see the amount of recyclable food from the meal. Different topics, such as food miles, are talked about to help understand the negative effects of waste. Camp Bernie staff required, year-round, indoors.

Living History & Outdoor Skills

Apple Cidering

Participants learn about where apples come from and make actual apple cider using Camp Bernie's cider press. Camp Bernie staff required, year-round, outdoors or indoors.

5.1.4.B, 5.1.4.C

Cemetery Study

"The Headless Rider" and other stories come to life as students hike back in time to the Mt. Lebanon Cemetery. They become detectives and answer challenging question about the cemetery's "residents" as well as life in the 1880's through a Ghost Hunt of cemetery residents. This activity may be combined with a hike to Pt. Mountain. This activity requires at least 2 hours. Can be run by Camp Bernie or group/school staff, year-round, outdoors.

2.6.4.A

First Aid

Trained and certified staff will teach participants the basics of First Aid and/or CPR, and test their skills. It never hurts to be prepared! This is not a certifying course. Camp Bernie staff required, year-round, outdoors or indoors.

Sensory Awareness (BSDAT)

Includes a blindfold rope trail through the woods of Camp Bernie. Designed to explore the environment through the four other senses apart from sight. Heightens awareness of all environs, seen and unseen. Can be run by Camp Bernie or group/school staff, year-round, outdoors.

2.5.4.A, 2.6.4.A, 2.5.8.A

Wilderness Survival

Deep in the woods of Camp Bernie, participants will construct a one-person shelter out of materials found in nature. Wilderness survival emphasizes teamwork, challenges the senses, and, when completed, gives participants many of the tools needed to "survive" if placed in an unfamiliar environment. Can be combined with fire-building. Great Winter Activity! Can be run by Camp Bernie or group/school staff, year-round, outdoors.

2.5.4.A, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C

Fire Building

Along with general fire safety practices, participants will learn where and how to build a safe and proper campfire, as well as techniques for lighting and dousing it. Participants will be tested on the techniques they learn. Can be combined with Wilderness Survival or Outdoor Cooking. Camp Bernie staff required, year-round, outdoors or indoors.

Campfire Cooking

Cook delectable treats right over an open flame! A great activity day or night with a delicious finished product. Camp Bernie staff required, year-round, outdoors or indoors. Extra fee \$2.50 per person.

Geocaching

This class sends participants on a scavenger hunt through camp using GPS units. Learn about Latitude and Longitude, as well as GPS navigation skills. Camp Bernie staff required, Year-round, outdoors.

2.2.4.A, 2.5.4.A, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A

Arts and Crafts

Arts programs can include crafts from the Pioneer era, the Native American or foreign culture, or those which help to recognize and appreciate the beauty in nature. Candle-dipping and making dream-catchers are popular choices, as well as upcycle creations. We also have duct-tape crafts and t-shirt tie-dye as part of our typical repertoire. Camp Bernie staff required, year-round, outdoors or indoors.

Sports & Recreation

Archery

Participants learn proper safety and shooting techniques under the close supervision of our trained and certified staff. We review safety, equipment, posture, and purpose as participants practice and develop their shooting abilities, while exercising their body and mind. Camp Bernie staff required, year round, outdoors or under cover. *Can be done as an evening program for smaller groups.

2.5.4.A, 2.5.4.C, 2.6.4.A, 2.5.6.A

Canoeing

Our trained instructors teach students about the parts of a canoe, safety requirements, proper paddle strokes, maneuvering, and basic rescue techniques. Canoeing games may be included. Additionally, participants may learn how to approach and observe wildlife from a new perspective and enjoy the serene tranquility of being on the water. Camp Bernie staff required (lifeguard on duty), **April 15-October 15**, outdoors, weather dependent.

2.2.4.A, 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.5.8.A, 2.5.8.C

Bouldering Wall

Great as a shorter activity or during an open sports period, this activity teaches climbing techniques without the fear factor of extreme height. Camp Bernie staff required, year round, outdoors.

2.2.4.A, 2.5.4.A, 2.5.4.B, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A, 2.2.8.A, 2.2.8.C, 2.5.8.A, 2.5.8.B, 2.5.8.C

New Games

Another great warm-up, these consist of fun, large group games. This activity is good as a shorter open sports activity, or as an entire class. Can be run by Camp Bernie or group/school staff, year-round, outdoors or indoors.

2.2.4.A, 2.5.4.C, 2.5.4.C, 2.6.4.A, 2.2.6.A, 2.5.6.A, 2.5.6.B, 2.5.6.C, 2.6.6.A

Evening Programs

Discover the Night

This is best in complete darkness; **no flashlights please!** Experience the night in a whole new way as you explore the forest in complete darkness. Look at the stars, "talk" to owls and test your senses. Includes an "electric" finale. Helps calm fears and heighten awareness. 1-1.5 hours. Can be run by Camp Bernie or group/school staff, year-round, outdoors.

Karaoke

Great fun! We supply the equipment and music. You supply the singers! Length is variable, equipment must be run by Camp Bernie staff, year-round, indoors.

Campfire

Enjoy songs, stories, skits and s'mores around a warm inviting fire. Our camp staff is available to emcee and perform, or we can light it and leave you to it. We encourage participants to perform. Can be run by Camp Bernie or group/school staff, year-round, outdoors or indoors.

Ice Cream Social

A fun way to enjoy your friends and create an ice cream sundae! Camp Bernie staff required, year round, indoors. **Additional Cost:** \$2.50/sundae.

Foul Weather

As an outdoor center we are unable to control the weather and thus, our general philosophy is to continue with activities outside year-round. Our geographical positioning on the Musconetcong Mountain Range means that we often escape bad weather completely when it is almost guaranteed, and therefore rainy-day plans are typically determined on a class-by-class basis.

During occasions of foul weather, upon request of the group leader, activities can be moved inside or under a suitable shelter such as our pavilion, or if available, one of our marquee tents. The same activities are available as with the thunder and lightning plan below, but with the addition of fire building and survival which is partly outside and partly under cover. Archery will still take place at our main range, as the shooting/waiting area is under cover.

During occasions of thunder and lightning, all activities will continue indoors in a safe location (a fully-enclosed building with plumbing and electrical wiring). Indoor activity options include teambuilding pre-ASEs and portable ASEs, trust activities, critter shows, arts and crafts, first aid, new games, karaoke, campfire, and modified activities such as stream ecology jeopardy, sensory development, compass skills, and Native American games. Apple cidering, and owls and their adaptations, if originally scheduled, will still be able to take place inside without modification.

Cold Water

The dates of operation of our pond for canoeing and raft building being April 15th – October 15th are also dependent on the temperature of the water, and we therefore follow this statement from the American Canoeing Association: "When paddling in places where the water temperature is 60 degrees Fahrenheit or colder, a wetsuit is a must and a drysuit is highly recommended. This is also the case if the combined air and water temperatures are below 120 degrees Fahrenheit."

In Development

These activities will be added to the standard activity list above shortly, but some developments are still being made (procuring additional supplies, tweaking for perfection, etc.). These activities are available, but may have some restrictions.

Service Project

Use your time to give back and rack up some community service hours. 300+ acres is a lot to maintain, and there's always room for improvements! Project(s) will be determined by the group leader and Camp Bernie staff well in advance and may include trail maintenance, building, gardening, or kindling collection. Camp Bernie staff required, year-round, likely outdoors.

Self-Guided Activities

The following is a list of activities that can be run without Camp Bernie staff. Please note that some of these activities are seasonal and all require supervision from the attending group/school's staff.

Basketball	Bingo	Kickball	Fishing (bring your own)
Sand Volleyball	Hiking	Soccer	Recreation Hall*
Snow Tubing	Flag Football	Gaga Ball	Four Square
Tetherball	Ultimate Frisbee	Frisbee Golf	Scavenger Hunt*
Tug-of-War	Slip 'n' Slide		

***Discover Camp Bernie Scavenger Hunt** -A fun warm-up activity that teaches students the history and surroundings of Camp Bernie and gets them acclimated to fellow students. 1 -1.5 hours, only school staff needed.

***Indoor Recreation Hall Activities:** Air Hockey, Table-tennis, Board Games

Evening Presenters

Please remember, schools are responsible for making all arrangements for outside evening presents. These are all extra charge programs and are not calculated into your contract with Camp Bernie.

Square Dance Callers and Variety Shows

PartyCrashers	908-684-2439	DJs, MCs & Party Sound Specialists
Principal Entertainment Eric Renfars	215-962-1707 principaldj@aol.com	DJ Entertainment
George Danno	570-319-1162 bookum7@yahoo.com	Square Dance Caller
Chet Vamer	908-752-2487	D.J. Entertainment from the 50's to today
Lew Gilford	908-852-0591	Square Dance Caller, Banjo & fiddle player

Educational Nature Programs

Jerry Zelenka 973-779-8642 info@atouchofnature-animalshows.com
"Touch of Nature" program; Reptiles, mammals, birds, local and exotic animals will be shown some of which will be handled by students.

Bill Boesenberg 973-248-9964 bill@snakes-n-scales.com
The title of his program, "**Snakes and Scales and Turtle Tales**" gives a pretty good idea what it's all about: REPTILES! Bill is a Wildlife Conservation Corps volunteer who has endless real life stories about encounters with our reptilian friends.

Jon Lowris 570-223-8653
Mr. Lowris operates the Pocono Snake and Animal Farm and occasionally takes some of his exotic friends on a vacation! Snake program with venomous and non- venomous species as well as other reptiles, amphibians, insects and more.

Myers Butterfly Farm 908-534-5822
Specimens in all stages of development are included in this hands-on activity and stresses the biology and ecology of butterflies. Groups will bring home some live specimens.

Bill Streeter 570-296-6025 dvraptors@yahoo.com
Mr. Streeter, Director of the Delaware Valley Raptor Center, comes prepared to intrigue students and adults alike about the world of raptors. His presentation involves amazing facts about birds of prey, specifically the ones that accompany him.

Native American Programs

Mary Rachel Platt 1-800-338-0110/845-463-3494
By trade Ms. Platt is a storyteller. Her repertoire includes almost 200 traditional tales including many *from the Native American culture*. Upon request, music and song can be added to enhance her storytelling.

Miscellaneous

McCarter Theater 609-258-8288
This is a great interactive way to introduce students to the dramatic arts. Professional actors and puppeteers from the McCarter Theater work hands on with students introducing them to the fundamentals of acting, stage combat, voyages through drama, playwriting, and puppetry.