

Hello and welcome to Expedition Omaha!

Approach Climbing Gym is proud to present Expedition Omaha in collaboration with Grover Ice, The Neighborhood Offshore and Fontenelle Forest! This unique five day camp will be offered three times this summer with a maximum of 20-youth ages 8 to 12-years old per session. Pricing includes full day supervision and access to the facilities, rental gear, and a camel back water bottle from Canfield’s Sporting Goods. The price is \$325/week (until 3/11/17), \$375 (until 5/29/17), \$425 (after 5/29/17) and \$275 (anytime) to add a sibling. Early and/or late drop-offs or pick-ups are available for \$15/day. Please note there will be no refunds once you have reserved a spot. Register now at www.omaharockgym.com or visit Approach at 72nd & L St. 7-days a week.

Expedition Omaha: Summer Camp for Adventurers | SUMMER 2017 | June 12-16 | July 10-14 | August 7-11

Description	Highlights	Contact
Day 1: Indoor Rock Climbing @ Approach Climbing Gym www.omaharockgym.com	Bouldering, Top Roping, Knot Tying, Climbing Games, and Route setting	Sarahjoy Allen 402.502.5879
Day 2: Water Sports @ Neighborhood Offshore www.nbhdooffshore.com	SUP, Intro to Sailing, Crafts, Maker Workshop, and Skateboarding	Kristen Macdissi 518.817.6608
Day 3: Hockey & Ice Skating @ Grover Ice www.groverice.com	Ice Skating, Hockey, Broomball, History of Ice and Skating, Maker Workshop	Evan Schinasi 402.991.7182
Day 4: Hiking & Outdoor Education @ Fontenelle Forest www.fontenelleforest.com	Guided Hikes, Outdoor Education, Raptor Refuge, Nature Awareness Skills	Elizabeth Chalen 402.731.3140
Day 5: Climbing, Crate Stacking and Maker Workshops @Approach www.omaharockgym.com	Open Climbing, Slacklining, Crate Stacking, Bow and Arrow & Mask Making workshops	Sarahjoy Allen 402.502.5879

SIGN UP SHEET

Participant Name: _____ Participant Birthday: _____

Sibling Name: _____ Participant Birthday: _____

Sibling Name: _____ Participant Birthday: _____

Parent 1 Name: _____ Parent 2 Name: _____

Parent 1 Phone: _____ Parent 2 Phone: _____

Parent 1 Email: _____ Parent 2 Email: _____

Prior climbing experience? Y or N Food Allergies? Y or N If yes: _____

Current Approach Member? Y or N Phobias/Intolerance? Y or N If yes: _____

Camp Date (circle one): June 12 – 16 | July 10 – 14 | August 7 – 11

PAID? Y or N

Expedition Omaha Camp Itinerary

Day 1 at Approach Climbing Gym – 4923 S. 72nd Street Omaha, NE 68127 – 402.502.5879

Location Details: Located at the Southeast corner of 72nd and L Street in Kush's Plaza (next door to Margarita's).

Facility Representative and Camp Director: Sarahjoy Allen, Owner & General Manager 402.502.5879

Checklist:

- ✓ Complete participant agreement online prior to arrival at www.omaharockgym.com
- ✓ Wear clothing that you can work out in – shorts that cover the knees or pants are ideal and thin socks
- ✓ Trim toenails and fingernails – helps with comfort in tight shoes and on small climbing holds
- ✓ Tie long hair back away from face
- ✓ Leave jewelry, belts, and other accessories at home
- ✓ Bring a water bottle and lunch
- ✓ Positive attitude and an open mind – many of these experiences will be new and fun!

Goals: Encourage independent thought, self-confidence, communication, teamwork, and trust through the sport of climbing.

Agenda:

- 08:30 – 09:00 Drop off and Introductions to Coaches
- 09:00 – 09:45 Warm-up, Introductions, and Orientations
- 09:45 – 10:30 Open climbing: Bouldering and Autobelays
- 10:30 – 10:45 Snack
- 10:45 – 11:30 Knot Tying for Rock Climbing
- 11:30 – 12:30 Top Roping: Communication and Trust
- 12:30 – 13:30 Lunch and Discussion About Types of Outdoor Climbing
- 13:30 – 15:30 Climbing Games: Quiet Feet, Cross-over, Twister, and Add-a-Move
- 15:30 – 15:45 Snack
- 15:45 – 16:30 Open climbing: Bouldering, Autobelays, and Top Roping
- 16:30 – 17:00 Cool down and Climbing Vernacular Review
- 17:00 – 17:30 Parent Pick up

Take-away: A section of rope and a tutorial for basic climbing knots; a camel back water bottle from Canfield's

Expedition Omaha Camp Itinerary

Day 2 at The Neighborhood Offshore – Lake Cunningham Entrance 1 – 402.401.8075

Location Details: Entrance 1 is on State Street located approximately 6 blocks East of 96th Street

Facility Representative: Kristen Macdissi, Owner/GM | Camp Director: Sarahjoy Allen 402.306.6125

Checklist:

- ✓ Complete participant agreement online prior to arrival
- ✓ All campers must have a well fitted life jacket, that is U.S. Coast Guard approved (please contact Kristen if you have any questions)
- ✓ All campers must have a well fitted helmet (optional: knee pads, elbow pads... we will be skateboarding)
- ✓ What to wear: comfortable, close toed shoes. Attire fitted for hiking and exploring in the woods. Bathing suit to change into. Towel. Notebook and pen (campers will receive a Field Notes memo book but if they already have one, they are welcome to bring their own). Small backpack.
- ✓ No Flip Flops! Leave jewelry, belts, and other accessories at home
- ✓ Apply sunscreen and bring it with you to reapply as needed
- ✓ Bring a water bottle and lunch
- ✓ Positive attitude and an open mind – many of these experiences will be new and fun!

Goals: Campers will build confidence through working independently and in groups on challenging, unique and fun experiences

08:30	Drop off at Approach Climbing Gym
08:40	Bus departs for The NBHD Offshore at Lake Cunningham
09:00	Building a Shelter & Wilderness Homes Activities
10:00	Basic Principles of Firewood, Structures for Extreme Cold, and snack
10:30	Basic Principles of Orientation Activities
11:30	Basic Principles of Wilderness Medicine Activities
12:00-13:00	Lunch and Discussion of Wilderness Sustenance (building funnel-mouthed fish trap activity)
13:00	Breakout Groups: Sailing 101
14:00	Breakout Groups: Stand-Up Paddleboarding 101
15:00	Breakout Groups: Longboarding 101
16:00	Breakout Groups: Camper Pick! Extra time for sailing, SUP, longboarding, and Q & A
17:00	Bus departs for Approach Climbing Gym
17:30	Parent Pick up at Approach Climbing Gym

Take-away:

- Field Notes memo book
- Wilderness education resource notecards on topics covered in camp (laminated, pocket-size)
- Outdoor club pass for one class, includes a plus 1 to bring a friend for free
- One hour SUP rental pass, includes a plus 1 for parent or guardian

Rev. 2/20/17

Expedition Omaha Camp Itinerary

Day 3 at Grover Ice – 6171 Grover St. Omaha, NE 68106 – 402.991.7982

Location Details: Located just west of 60th Street on Grover Street in the former Scoco building

Facility Representative: Evan Schinasi, General Manager | Camp Director: Sarahjoy Allen 402.306.6125

Checklist:

- ✓ Complete participant waiver upon arrival
- ✓ Wear layers – Activities on the ice will be at 50 degrees – classroom activities at room temperature.
- ✓ All participants need tall socks and pants.
- ✓ Recommended to bring gloves, a helmet (bike, ski, etc. are fine), knee and/or elbow pads
- ✓ Bring a water bottle and lunch
- ✓ Positive attitude and an open mind – many of these experiences will be new and fun!

Goals: Campers will gain confidence in their ice skating ability, and be exposed to various ice sports such as broomball and hockey. Additionally, campers will be introduced to the science behind “making ice”, as well as the history of ice sports.

Agenda:

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|---------------|--|
| 08:30 | Drop off at Approach Climbing Gym |
| 08:40 | Bus Departs for Grover Ice |
| 09:00 – 09:45 | Introductions, Equipment Check Out / Fitting, and Orientations |
| 09:45 – 10:45 | Introduction to Skating – Lead Instructor Liyen Vong |
| 10:45 – 11:15 | Snack / Introduction to Broomball (Classroom) |
| 11:30 – 12:30 | Broomball Instruction & Games (On – Ice) |
| 12:30 – 13:30 | Lunch |
| 13:30 – 14:30 | The Science of Making Ice – Refrigeration, History, Rink Tour |
| 14:30 – 15:00 | Introduction to Hockey (Classroom) |
| 15:00 – 16:00 | Hockey Instruction & Games (On – Ice) |
| 16:00 – 16:15 | Zamboni Time |
| 16:15 – 17:00 | Breakout Groups, Review, Q & A - (Broomball, Hockey, Skating); Bus departs |
| 17:30 | Parent Pick Up at Approach Climbing Gym |

Take-away: Hockey Puck, Skating Pass and Buddy Pass

Expedition Omaha Camp Itinerary

Day 4 at Fontenelle Forest – 1111 Bellevue Boulevard North, Bellevue, NE 68005 – 402.731.3140

Location Details: Chandler Road Exit off Hwy 75 in Bellevue, east to Bellevue Boulevard then south.

Facility Representative: Elizabeth Chalen, Education Director | Camp Director: Sarahjoy Allen 402.306.6125

Checklist:

- ✓ Wear clothing that you can hike in – shorts that cover the knees are ideal and sturdy footwear
- ✓ Bring Sunscreen & Mosquito repellent in a small bag with any other personal items needed.
- ✓ Tie long hair back away from face
- ✓ Bring a water bottle and lunch
- ✓ Positive attitude and an open mind – many of these experiences will be new and fun!

Goals: To have fun while learning in an engaging outdoor environment and to develop a respect for nature!

Agenda:

- 08:30 Drop off at Approach Climbing Gym
- 08:40 Bus departs for Fontenelle Forest
- 09:00 – 09:45 Ice breakers, Leave No Trace ethics & Outdoor Education
- 09:45 – 10:45 Nature Awareness Skills
- 10:45 – 11:00 Snack
- 11:00 – 12:30 Guided Hike
- 12:30 – 13:30 Lunch and Discussion
- 13:30 – 14:15 Raptor Recovery talk
- 14:30 – 15:15 Nature Center reptile expert talk
- 15:30 – 17:00 Group games and Outdoor Education wrap up; Bus departs
- 17:30 Parent Pick up at Approach Climbing Gym

Take-away: Small surprise!

Expedition Omaha Camp Itinerary

Day 5 at Approach Climbing Gym – 4923 S. 72nd Street Omaha, NE 68127 – 402.502.5879

Location Details: Located at the Southeast corner of 72nd and L Street in Kush's Plaza (next door to Margarita's).

Facility Representative and Camp Director: Sarahjoy Allen, Owner & General Manager 402.502.5879

Checklist:

- ✓ Complete participant agreement online prior to arrival at www.omaharockgym.com
- ✓ Wear clothing that you can work out in – shorts that cover the knees or pants are ideal and thin socks
- ✓ Trim toenails and fingernails – helps with comfort in tight shoes and on small climbing holds
- ✓ Tie long hair back away from face
- ✓ Leave jewelry, belts, and other accessories at home
- ✓ Bring a water bottle and lunch
- ✓ Positive attitude and an open mind – many of these experiences will be new and fun!

Goals: Open climbing and crate stacking for fun; Recap and discuss the week's adventures and set personal goals; Explore the creative arts process with artist led Maker Workshops.

Agenda:

- 08:30 Parent Drop off and Introductions to Coaches
- 08:40 – 09:30 Warm-up, Introduction to Slacklining
- 09:30 – 10:15 Open climbing: Bouldering and Autobelays
- 10:15 – 10:30 Snack
- 10:30 – 12:30 Maker Workshop: Bow and Arrows with The Wonder Nook
- 12:30 – 13:30 Lunch and Discussion about the weeks adventures
- 13:30 – 15:30 Crate Stacking
- 15:30 – 17:00 Maker Workshop: Mask Making
- 17:00 Group photo session; Recap and discuss the week's adventures and set goals
- 17:30 Parent Pick up

Take-away: Handmade bow and arrow, Handmade mask, Approach key chain carabiner!