



YMCA Outdoor Education & Leadership Centre



ABOUT US

We believe success is not dependant on individual ability, but rather collaborating as a group to solve problems together. Experiential education is a powerful tool in helping students transfer learning from the classroom into real life. Our programs meet Ontario curriculum requirements as well as address the specific needs of the students and teacher. Whether it be the Elementary School or Secondary School curriculum package, we will include: specific lesson plans, recommended experiential exercises, and debriefing activities. We also follow all OPHEA guidelines to ensure the safety of all participants and the recommend practices.

Located conveniently in London and Sarnia, our sites are designed to maximize confidence building and teamwork in your group. Each offers the same programming but may have different High-rope or Low-rope elements.

SAFETY

While some of the elements may seem challenging, our highly trained Y instructors closely supervise participants in all activities, ensuring safety is not compromised. All of our programs ensure the risk is more perceived than real. The Y adheres to safety and risk-management protocols that exceed industry standards in adventure-based education. Our courses are designed, built and maintained by a professional outdoor education company with a membership to the Association for Challenge Course Technology.

CUSTOMIZABLE PROGRAM

Our staff will work with your group to create a customized program that meets your needs. This includes setting goals with you for the day - whether it is increased communication, problem solving or just bonding between members of your group. If you let us know what your goals are, we will weave them into pre-activity instructions and debriefing to ensure they are the central focus. We will also program activities and adapt them to help focus on these goals. In order to increase the convenience of the program for you, timing is also flexible. We run our programs at any time throughout the day; you can book a morning, an afternoon, an evening or even a full day. The start and end times are completely up to you in order to fit your needs and match your schedule.

**Build confidence
and connection**



*"Brilliant day, we
will be back!"*

ACTIVITIES

Our 'hands-on' leadership and outdoor education programs are tailored to meet your group's specific goals. Choose from a half or full day of programming. Participants are divided into groups and complete activities on a rotational schedule facilitated by experienced YMCA Leadership & Outdoor Educators. View the chart below for a sample of some of the programs that would be appropriate for your group.

SCHOOL PROGRAM ACTIVITIES

Junior: Kindergarten - Grade 3

- Discover Nature
- Hiking
- Cooperative Games
- High ropes
- Shelter Building
- Amazing Race Jr.
- Art in Nature

Intermediate: Grade 4 – Grade 8

- Discover Nature
- Cooperative Games
- Art in Nature
- Amazing Race
- High ropes
- Low Rope Activities
- The Survival Game
- Team Building Initiatives
- Archery
- Outdoor Living Skills

Senior: Grade 9 – Grade 12

- Discover Nature Hike
- Cooperative Games
- Amazing Race
- High ropes
- Low Rope Activities
- The Survival Game
- Team Building Initiatives
- Archery
- Fire Building
- Outdoor Living Skills

New Programs: Kindergarten - Grade 12

- Community Garden & Conservation
- Waste Management

High Rope Elements:		Low Rope Elements/Initiatives:	
• Rock Wall	• Team All-Aboard	• Low V	• Zig-Zag
• Arial Trust Dive	• Vertical Playground	• Conundrum Crossing	• Tower of Tires
• Flying Squirrel	• Multi-vine Traverse	• Island Crossing	• Whale Watch
• Shrinking Island Traverse	• Team Boardwalk	• Mission Impossible	• Queens Posts
• Dangle A Maze		• Traffic Jam	• Port-Hole

FINANCIAL ASSISTANCE

The YMCA of Southwestern Ontario is a multi-service charity that provides opportunities for personal growth in spirit mind and body for people of all backgrounds, beliefs, and abilities. Therefore, for schools and not-for-profit organizations we offer financial assistance to help build healthy communities. For more information on financial assistance, please contact outdoored@swo.ymca.ca.