East Bay Outdoor School
at Camp Arroyo
ABOUT CAMP ARROYO

- Located in Livermore
- Built & Opened in 2001
- Managed in partnership with the East Bay Regional Park District and The Taylor Family Foundation
- The buildings model various green features
THE BENEFITS OF OUTDOOR SCHOOL...

- We have hands-on curriculum that meets NGSS & Common Core Standards
- Community-building activities at Outdoor School transfer back to the classroom
- Personal Growth
- Staying overnight, away from home
- Working with peers, making new friends
- Overcoming personal challenges
- Taking on new responsibilities
WHAT HAPPENS AT OUTDOOR SCHOOL?

- Outdoor Environmental Education Lessons
- Focused, hands on learning experience, this is not a “summer camp”
- Students will be placed in Adventure Groups by their teachers
- YMCA Naturalists will be the teachers while at Outdoor School
- Students will spend their time exploring, hiking, learning, having fun and making new friends
SAFETY & MEDICAL CONCERNS

- Students are supervised by adults 24 hours a day.
- There are 1-2 chaperones per cabin whenever the students are in the cabins.
- Students are never allowed to go anywhere by themselves. We use a buddy system.
- All YMCA staff and volunteers complete a fingerprint and background screening.
- All staff are First Aid/CPR certified and trained in use of onsite AED.
- All medications are distributed by the Health Supervisor assigned by the school.
- Emergency services can be at camp within 10 minutes.
CABINS

- 6 male cabins & 6 female cabins
- Each cabin fits 12 people (11 students, at least one adult)
- Each cabin has:
  - 6 bunk beds
  - Drawers to store clothes
  - Heat & Air conditioning
  - A bathroom inside the building
CABIN BATHROOMS

Each bathroom has:
- 1 private shower
- 1 private toilet
- 2 sinks
- Shelves for toiletries
An example of the schedule...

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Wake up &amp; get ready for the day</td>
</tr>
<tr>
<td>8:15</td>
<td>Breakfast</td>
</tr>
<tr>
<td>9:00</td>
<td>Adventure Group Lesson</td>
</tr>
<tr>
<td>11:45</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30</td>
<td>Quiet Time in Cabins</td>
</tr>
<tr>
<td>1:30</td>
<td>Adventure Group Lesson</td>
</tr>
<tr>
<td>4:00</td>
<td>Get ready for Recreation</td>
</tr>
<tr>
<td>4:30</td>
<td>Recreation</td>
</tr>
<tr>
<td>5:45</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30</td>
<td>Cabin Time</td>
</tr>
<tr>
<td>7:15</td>
<td>Evening Program</td>
</tr>
<tr>
<td>8:45</td>
<td>Get ready for bed (showers)</td>
</tr>
<tr>
<td>9:30</td>
<td>Lights Out!</td>
</tr>
</tbody>
</table>
Adventure Group Lessons

Voices of the Past

- Learn about the Ohlone Indians
- Explore the Ohlone culture through hands-on activities (making rope, pump drills, shell necklaces, mortar & pestle, and making fire)

Ecosystem Exploration

- Explore the areas of Outdoor School through games and activities
- Look for critters under logs, use binoculars and find out what lives in the forest
- Go on a hike to explore our natural surroundings
More lessons...

**Garden**
- Harvest & eat seasonal garden produce
- Discuss life cycles and see them in action through the composting system
- Help out in the garden
- Discuss organic vs. conventional gardening

**Eco-Awareness**
- Learn about renewable & non renewable resources
- Explore the green buildings at Camp Arroyo
- Find out what little things you can do to make a big difference!
Even more lesson options...

Cresta Blanca

- Learn about local geology & watersheds.
- Hike to the top of the surrounding hills for an incredible view of Lake Del Valle.

Climbing Wall

- Set a goal for yourself at our 40 foot climbing wall
- Support your classmates as you all challenge yourselves and expand your comfort zones.
Final lesson option...

Creek Exploration

- Learn about water conservation
- Explore the water cycle
- Test the water of the Arroyo Del Valle and look for critters living there.
Recreation Time

In the afternoon you can choose what you want to do for recreation time. Some options are:

- Soccer
- Basketball
- Paper Airplanes
- Board games

and lots of other fun activities!
Evening Programs

Include:

- Staff Skit Night
- Night Hike
- Surprise Activity!
Meals

Students are assigned to a table group for the week & meals are served family style.

3 nutritious and delicious meals are served each day with plenty of variety to keep everyone happy. Meals are prepared by our professional kitchen staff.

If your child has a food allergy or dietary issue please write it on the health form so that the kitchen can accommodate your child’s needs.

Meals may include:

- Breakfast: pancakes, eggs, fruit, bacon, potatoes, cereal
- Lunch: grilled cheese, wraps, sandwiches, pizza, salad
- Dinner: pasta, tacos, vegetables, turkey, mashed potatoes, rice, stir fry
How do Meals work?

At meals we have 3 jobs that everyone has the opportunity to help with:

1. **Set up**: a different group will set the tables for each meal.

2. **Hoppers**: each table will have two rotating hoppers per meal. Hoppers bring serving dishes to the table and clear the items at the end of the meal (they are not in charge of serving any food).

3. **Clean Up**: the cabin groups will rotate through staying after the meal to sweep the floor so that the dining hall is ready for the next meal.
Behavior Management

Some of our rules...

- Four Core Values: Respect, Responsibility, Honesty, Caring
- Always follow the Buddy System
- Walk on paths
- Listen and follow the directions of the teachers and chaperones
- Respect the property of others
- Respect the privacy of others
- Use positive language

Our Warning System:

- **1st Warning**: Verbal
- **2nd Warning**: Will miss Recreation time for the day
- **3rd Warning**: Will miss Recreation Time & will call home
- **4th Warning**: Will be sent home
What to bring...

- Sack lunch for Arrival Day ONLY
- Waterbottle!
- Day pack to carry water bottle, sunscreen, warm layer on lessons
- Sleeping bag OR twin-size sheets and blanket
- Pillow
- Pajamas (sleeping clothes)
- 2 pairs of shoes (incase 1 pair gets muddy)
- Pants, shirts, jacket, hat
- Rain coat or poncho
- Toothbrush, toothpaste, shampoo, soap, towel, sunscreen, chapstick
What NOT to bring...

- Sandals - students must wear closed toed shoes outside of cabins
- Food, gum, candy - it will attract critters.
- Swiss army knives
- Electronics - I-pod, DVD player, etc.
- Money - there’s nothing to buy!
- Cell phones - there are phones at camp for emergencies.
We look forward to seeing you at YMCA East Bay Outdoor School at Camp Arroyo!

Camp Arroyo is owned and maintained by East Bay Regional Park District and is managed in partnership with The Taylor Family Foundation and YMCA of the East Bay.