

Y M C A O F H A M I L T O N / B U R L I N G T O N

YMCA Wanakita  
Outdoor Centre

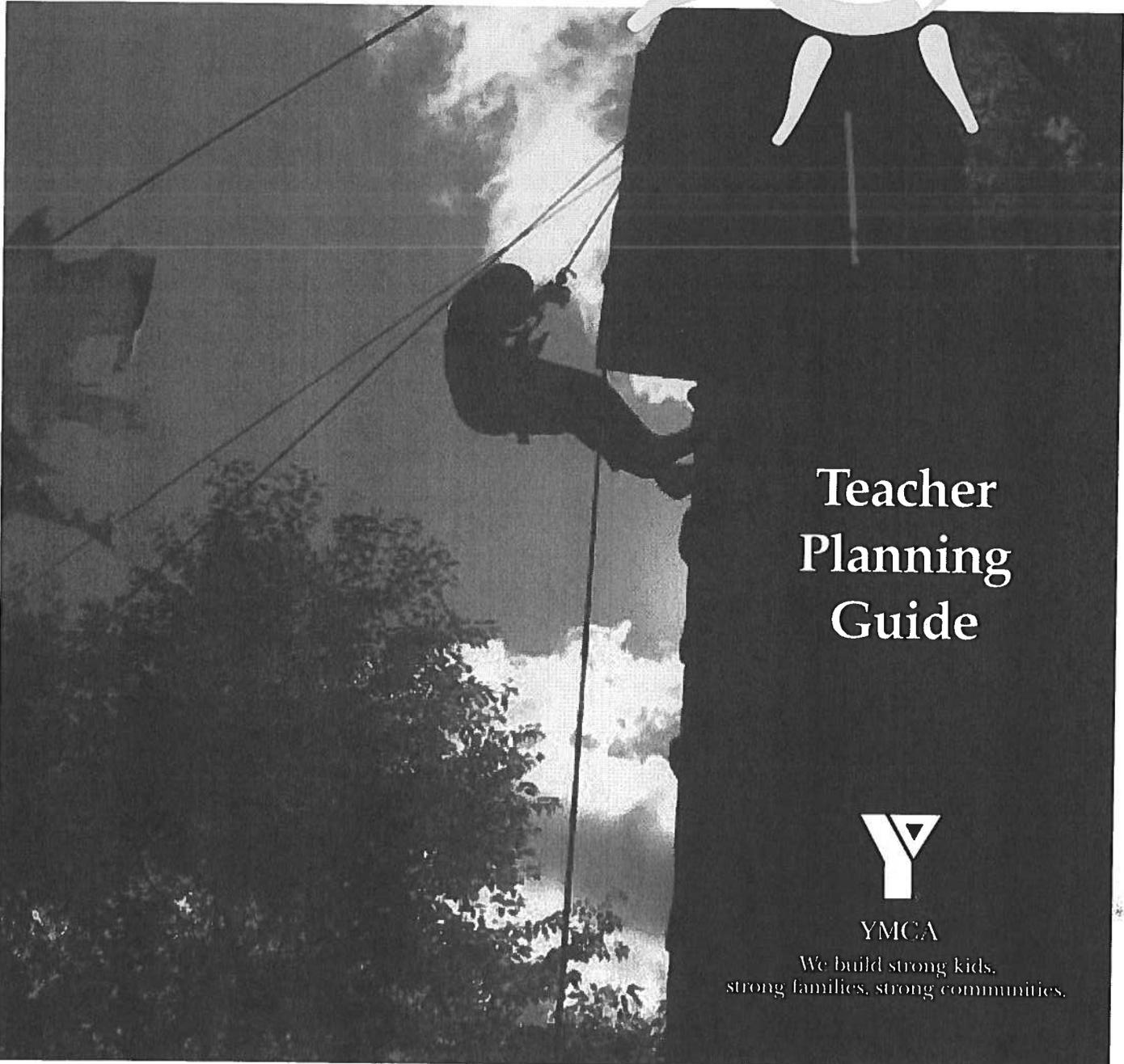


Teacher  
Planning  
Guide



YMCA

We build strong kids,  
strong families, strong communities.



# Wanakita Outdoor Centre Philosophy

## Y M C A W A N A K I T A Program Participant Goals

- Developing self-reliance and responsibility towards realizing leadership potential, expanding ones personal resources, and placing a high value on having a positive attitude.
- To be socially cooperative by relating positively to others; understanding interdependence and friendships; group building and cooperative living.
- To develop a positive attitude towards health, fitness and life-long learning and the importance of active lifestyles and learning new skills that carry forward through life.
- To be motivated by principle developing values that guide life, such as respect, trust, peace, fun, honesty, caring, equality and an appreciation of the diversity of people.
- To understand the workings of the natural world and our place in it.

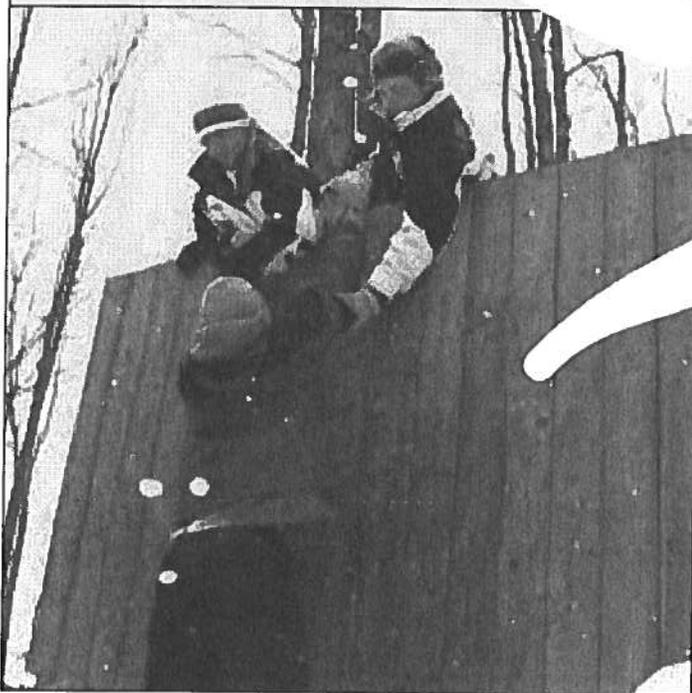
“The YMCA Wanakita Outdoor Centre is dedicated to introducing and developing outdoor education to people of all ages. Wanakita is committed to fostering self-awareness and growth through educational and recreational activities, providing a fun and safe environment.”

For 30 years, throughout the fall, winter and spring months, Wanakita Outdoor Centre has provided a welcoming, supportive and challenging environment for a wide range of individuals and groups of all ages.

Whether venturing for 1, 3 or 5 days with groups of 20 or 200, our staff takes pride in ensuring that the goals of all that participate are met.

Wanakita offers a variety of programs throughout the Outdoor Centre seasons for elementary, middle and secondary schools, colleges and universities, businesses, families, clubs and other special interest groups.

*Nestled within a beautiful  
forested site along the shores  
of Koshlong Lake in the  
Haliburton Highlands*



## Custom Designed Programs:

Custom designed programs are planned and delivered cooperatively between Wanakita staff and group leaders/teachers attending the site. The activities, schedules, goals and objectives are created to meet the needs of each group.

Listed over the next several pages are the many programs that Wanakita offers.

Programs can be hand-picked by teachers/leaders to accommodate the needs of their students/participants. Most programs can be linked to Ontario curriculum, as well as having a focused learning, such as environmental studies or wilderness adventure.

## Program Activities:

### Sunship Earth (Fall only)

Sunship Earth is an environmental education program designed to help students build a relationship with nature through an understanding of the natural environment. Primarily designed for grades 5 and 6 students, this 4 day program teaches students how to take positive environmental actions, and to build lifestyles that fit more harmoniously with the systems which support all life on Earth. The goals of the program focus on 7 ecological concepts of the sunship's system of life; developing 'environmental consciousness' as passengers and crew on this vessel of life; understanding our 'planetary awareness' with respect to our place in space and to experience 'sensory awareness' through interaction with the natural environment.

*\*Sunship Earth is a trademarked program by the Institute for Earth Education.*

Please contact us for more details.

### Leadership Program (ideal for grade 8 and up)

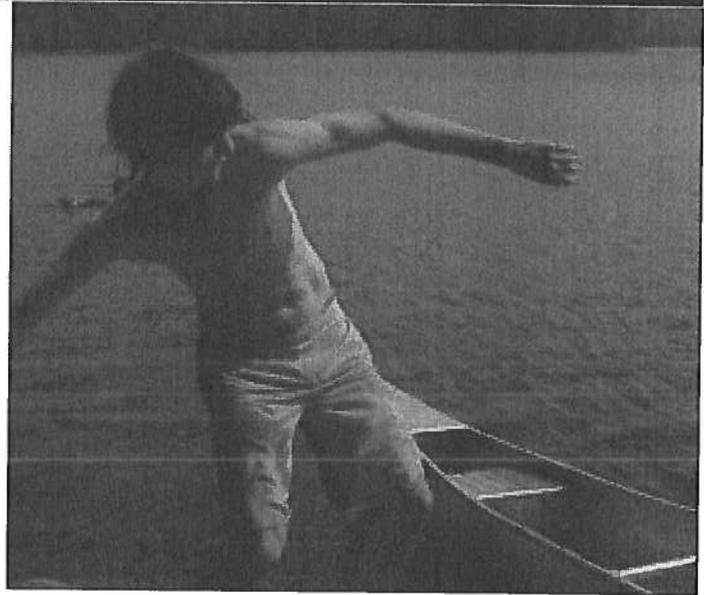
Leadership – "a process which assists an individual or group to identify goals and objectives, and to achieve them".

This program will focus on developing leadership skills such as communication, trust, and team building to enable the student to achieve a greater sense of confidence and self-reliance. It will also focus on various leadership styles, and which ones are more suitable in various situations, as well as touching on different ways to resolve conflict.

## Programs at Wanakita

### Action Auction (Egg Drop)

An evening activity that focuses on team building and problem solving while creatively using resources given to the group.



### Archery

A lesson emphasizing safety, basic archery technique and exposure to some exciting target-shooting practice

### Beaver Dam Hike

Explore the natural wonder of a beaver dam in our backcountry, as students learn interesting facts about an animal that can greatly affect the ecosystem.

### Big Group/Wide Games

These out-of-the ordinary games are designed to bring people together through group cooperation, total involvement, non-stop action, creativity and fun.

### Campfire

Singsongs, skits, story telling and fun around a fire. A great way to finish off the evening.

### Canoeing

A lesson emphasizing safety, history, care, strokes, paddling manoeuver, games and fun. Lessons can be divided into two lessons in order to teach more advanced skills.

## Compass Orienteering

(Ideal for grades 7 and up)

Focuses on map reading skills, compass use, route finding, group management and leadership techniques.

## Cookout Lunch

A hotdog lunch on-site cooked over an outdoor fire.

## Crafts

Various indoor crafts that focus on creative undertakings for students.

## Discovery Orienteering

(Ideal for grades 6 and under)

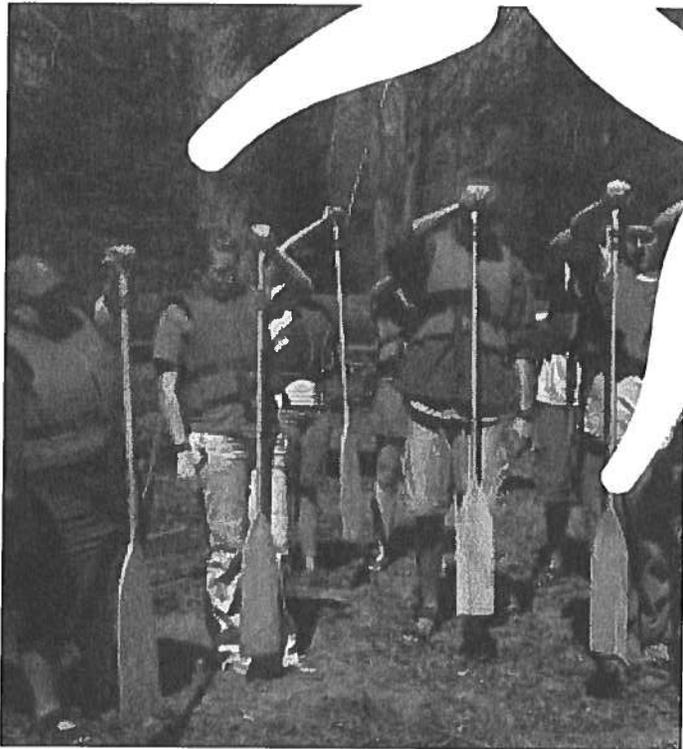
An introductory lesson in basic map reading skills. A project course follows the map reading lesson, allowing students to make natural "discoveries" along the way.

## Eco-games

Students become different animals or components within a natural community to learn about the complex interrelationships in a forest ecosystem through active and fun, environmentally based games.

## First Aid (Grades 10 and up)

This session will include both theoretical and practical simulations that will provide students with an awareness and understanding of first aid in the wilderness context.



## Free time activities

Usually occurring before dinner, these activities could include broomball, skating, hockey, tobogganing, tetherball, basketball, soccer, swamping, swimming, and exploring the natural environment. These activities are teacher supervised.

## Hebertism

A low ropes course that entails wires 2 feet off the ground, from tree to tree that students must cross with the support of their peers. This activity includes communication, problem-solving skills, and trust.

## High Ropes Adventure Course

(age requirements may apply)

Several 30-40 foot-high aerial ropes courses, a climbing wall and team aerial ropes element emphasizing communication, teamwork and group building skills. Participants are in harnesses and students play an integral role in belaying.

## Initiative Challenges

An adventure sequence that explores various group dynamics, including trust, communication and group problem solving. A variety of activities and games are used to achieve these goals.

## Kayaking

A basic kayaking lesson emphasizing safety, history, fun and care of kayaks and some basic paddling maneuver.

## Night Hikes

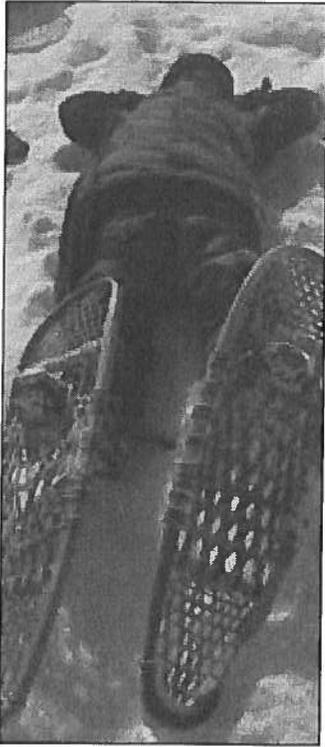
Sensory, discovery oriented activities designed to reduce fear and increase a sense of wonder and appreciation about the natural world at night. This hike may include a star study component.

## Night Ski

A candle-lit ski across the frozen lake of Koshlong to a roaring fire with marshmallows.

## Options

This provides students with the opportunity to choose their favourite activities, which may include an extended lesson to further their knowledge and experience.



### **Out Lunch on Lake**

A hotdog lunch on the lake cooked over an outdoor fire. Students must paddle to their site for lunch.

### **Overnight on Lake**

This small group experience allows students to further their skills in outdoor camping, including site selection, cooking, and camp set up.

### **Scavination**

A traditional night time program that enables students to make their way around the site, using the concept of a scavenger hunt as a base to help them complete their challenge.

### **Ski I**

This lesson focuses on a brief history of skiing, followed by equipment sizing and use, instruction on basic flats, as well as some introductory hill work.

### **Ski II**

This lesson allows students to go into the backcountry on our groomed trails and further their skills that they learned in the first lesson.

### **Ski III**

This provides an opportunity to go into the backcountry for a \_ day or full day session that may include a cookout lunch.

### **Skit/Variety Night**

Special evening events designed to pull small groups of students together through working cooperatively on a fun and exciting task.

### **Snowshoeing**

The first part of the lesson emphasizes the role of the snowshoe in Canada's heritage, the types and care of snowshoes, and instruction on basic snowshoeing skills. This is followed by a hike in the backcountry or on the lake that focuses on tracking animals.

### **Snowshoe Trek**

This provides an opportunity to go into the backcountry for a \_ day or full day session that may include a cookout lunch. This trek could include compass orienteering and/or a first aid scenario.

### **Survival**

A big group activity that focuses on the complexities of the food chain, enabling students to see firsthand, the interrelationships of both animals and humans.

### **Theatre Sports**

An opportunity for a creative lesson as well as ideas and games geared towards theatre/drama. Ideal for those wishing to get involved in a ski/variety night during their visit.

### **W.A.L.O. (Wanakita Air/Land Olympics)**

This grand finale to the weeks activities include wide games and team events designed to bring the whole group together and finish the trip off with a positive, enthusiastic BANG! These activities/ events always incorporate all skills developed over their visit.

### **Wilderness and Environmental Pursuits**

A hands-on session designed to develop students' outdoor skills. Activities may include fire building, cooking, and shelter building.



# YMCA Wanakita Outdoor Centre



- Q.** *Where is Wanakita?*
- A.** We are located in the Haliburton Highlands, 12 km south of the town of Haliburton on a beautiful 1000-acre forested site on the shores of Koshlong Lake.
- Q.** *Are there any rules of the site I should be aware of beforehand?*
- A.** On the first day of your school's program, our community meeting will outline a theme of CARING: caring for yourself, for others and for the environment. All site rules will be detailed to the students at that time. In general, students are asked to stay within the stated site boundaries at all times unless with a Wanakita Staff member, and to be on time for all activities and meals. There can be no swimming or boating at Wanakita unless supervised by Wanakita staff, and P.F.D.'s must always be worn during boating activities.
- Q.** *What are the sleeping arrangements?*
- A.** Students will be staying in either cabins with washrooms and showers or without, depending on which side of the site they are on. Each cabin has electricity lights and bunks with mattresses, so the students will need to provide their own bedding. Each cabin has at least one separate room with a bunk in it, so teachers are welcome to either stay in the cabin with the students, or stay in a central "teacher cabin" and supervise the students from there. Students are not permitted to enter anyone else's cabin.
- Q.** *How are the meals?*
- A.** Three well-balanced, home-cooked meals are served in our dining hall each day, as well as a tasty snack each evening before bed. Over the years, we have been delighted to receive many compliments about the quality of our meals, as well as the healthy quantities that are available to hungry students after a great day outdoors! If you have any special concerns about meals and menus, please feel free to contact your program coordinator before leaving for Wanakita.
- Q.** *What is the system for health concerns, allergies, medication and emergencies?*
- A.** Teachers must come to Wanakita equipped with school health forms, Health Card numbers and emergency phone numbers for each student. These forms will be the responsibility of the teacher throughout the trip.

Please let your program coordinator know prior to leaving for Wanakita if there are any allergies or special health situations we should be aware of.

Wanakita maintains a fully stocked first aid area and first aid kits are also located in every program area. Our staff are trained to provide first aid, but cannot give aspirins or other medications to students.

Wanakita can provide emergency transportation to Haliburton Hospital for medical attention at any time, with the trip from Wanakita to the hospital taking approximately 10 minutes.

Fire and lost-student emergency procedures are covered with the students on the first day during our "community meeting".

**Q.** *What are my responsibilities as a teacher coming on the trip?*

**A.** Here is a list of major teacher roles:

- pre-trip preparation of students and parents (we will be happy to help with an in-class session, assembly or evening presentation)
- all medication, medical forms and special needs
- transportation to and from Wanakita
- total supervision of all students from the end of each evening's program to wake-up the following morning
- general assistance to the Wanakita staff in leadership and student discipline
- we request that there be a teacher present to participate in and help supervise all waterfront activities
- assistance with free time supervision
- depending on the options you choose to build your school's program, you may be responsible for some specific activity leadership or teaching while at Wanakita. Your program coordinator will discuss this with you during your program planning meeting.

**Q.** *What time should I plan to arrive and depart?*

**A.** Generally, we would ask that you plan to arrive between 1 – 1:30 p.m of your arrival day. On the final day, groups usually depart after lunch, but we are happy to provide an early lunch should you need to get back to school at a certain time.

YMCA Wanakita  
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# Suggested clothing & Equipment List for Spring & Fall

These recommendations are for a 4 day stay

CLOTHING		BEDDING/TOILET KIT		EXTRAS	
4	Pairs of socks	1	Sleeping Bag or	1	Flashlight
4	Pairs of underwear	2	Blankets and a sheet	1	Camera
2-3	Pairs of pants	1	Pyjamas		Musical instrument
1-2	Pair of short	1	Soap or shower gel,		Fishing equipment
3-4	t-shirts	1	Comb/Brush		Slippers
2	Long sleeved shirts	1	Towel		Sunglasses
1	Sweater	1	toothbrush, toothpaste		Laundry bag
1	Jacket / bug jacket	1	Hat		Kleenex
1	Bathing suit	1	Bottle of Sunscreen		
1	Beach Towel	1	Bottle of Bug Spray		
2	Shoes				
1	Rain Coat and rubber boots				

## PLEASE DO NOT BRING (any season)

Junk food, pop, candy or gum  
Mp3 Players, Cell phones

**REMEMBER:** All things must be packed into one pack or suitcase and one bedroll – you must carry your gear to your cabin!!!

# Suggested clothing & Equipment List for Winter

These recommendations are for a 4 day stay

CLOTHING		BEDDING/TOILET KIT		EXTRAS	
4	Pairs of heavy socks	1	Warm sleeping bag & one extra	1	Flashlight
1	Winter coat or parka		sheet or 3 blankets & 1 sheet	1	Camera
3	T-shirts	1	Pair of warm pyjamas		Musical instrument
1	Pair of Long underwear	1	Pillow		Fishing equipment
2	Pair of waterproof pants (ski pants)				Slippers
2	Winter Hats				Sunglasses
1	Pair of Winter Boots				Kleenex
4	Light Socks				
1	Warm light jacket				
2	Pair of pants (preferably not jeans)				
2	Sweater				
2	Pair of mitts (waterproof if possible)				
1	Pair of Indoor Shoes/Slippers				

### REMEMBER:

- Plan for clothing that keeps you warm and dry.
- It is advisable to wear several layers of light clothing rather than one or two heavy articles.
- Try to bring boots which are flat and soft-soled to snowshoe.
- All things must be packed into one pack or suitcase and one bedroll – you must carry to gear to your cabin!!!

# YMCA Wanakita Outdoor Centre Example Schedule

	DAY 1	DAY 2	DAY 3	DAY 4
MORNING	1:00 - Arrival Community Meeting Cabins & Site Tour Large Group Games	7:30 - Polar Bear Dip 8:15 - Setters 8:30 - Breakfast 9:30 - Rotation #3 10:45 - Rotation #4 12:15 - Setters 12:30 - Lunch	7:30 - Polar Bear Dip 8:15 - Setters 8:30 - Breakfast 9:30 - Rotation #6 10:45 - Rotation #7 12:15 - Setters 12:30 - Lunch	7:30 - Polar Bear Dip 8:15 - Setters 8:30 - Breakfast 9:15 - Pack up & Clean 10:15 - W.A.L.O Challenge 11:45 - Swim Time 12:15 - Setters 12:30 - Lunch
AFTERNOON	1:30 - Rotation # 1 3:00 - Rotation #2 4:30 - Option Time: move in, unpack, sports, swim and free time. 5:15 - Setters 5:30 - Dinner	1:30 - Rotation #5 3:00 - Survival 4:30 - Option Time: swim, kayak, sports, crafts and free time 5:15 - Setters 5:30 - Dinner	1:30 - Rotation #8 3:30 - Beach Party 4:30 - Open - Sign up for Ropes, Wall, Canoe, Kayaking 5:15 - Setters 5:30 - Dinner	Departure from camp  <div style="border: 1px solid black; padding: 5px;"> <p><b>ROTATIONS:</b></p> <ol style="list-style-type: none"> <li>1 Crafts</li> <li>2 Low Ropes</li> <li>3 Tower</li> <li>4 Canoeing /Kayak</li> <li>5 Initiative Games</li> <li>6 Climbing Wall</li> <li>7 Archery</li> <li>8 Initiatives Wall &amp; Spider's Web)</li> </ol> </div>
EVENING	7:15 - Scavination 8:15 - Action Auction 9:15 - Snack at Core/Reflections	7:15 - Sports (basketball, soccer, tether ball) 8:15 - Campfire 9:00 - Snack & Reflections	7:00 - Talent Show 8:15 - Casual Campfire with Skits 9:15 - Snack & Reflections	

*This schedule can be modified from a 2-5 day schedule*

