

GIRL SCOUTS OF MIDDLE TENNESSEE ADVENTURE PROGRAMS

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ARCHERY

Learn the basics of this sport, including proper stance, holding the bow, knocking an arrow, drawing the bow, aiming, releasing and follow-through.

Sites: Camp Sycamore Hills, Camp Holloway, Camp Piedmont and Camp Nee Kah Nah

Who: 4th grade and up

Cost: \$7 per person

Duration: 1.5 hours

Min/Max: 6/10



BEGINNING CANOE

This canoe instruction is for participants with no previous, formal canoe experience. The session is divided into two segments, which include dry land safety instruction and time on the water.

Available April 1 - October 31

Sites: Camp Sycamore Hills, Camp Nee Kah Nah

Who: 4th grade and up (Camp Nee Kah Nah only - 2nd grade and up)

Cost: \$6 per person

Duration: 1 hour

Min/Max: 6/12

INTERMEDIATE CANOE

This session is the follow-up to Beginning Canoe and includes dry land safety instruction and more time on the water. Available April 1 - October 31.

Sites: Camp Sycamore Hills, Camp Nee Kah Nah

Who: 4th grade and up

Cost: \$7 per person

Duration: 2 hours

Min/Max: 6/12



FUNOEING

These kayak-like boats are designed especially for younger girls. Participants learn basic water safety and boating skills in the pool at Camp Sycamore Hills. Generally available August 1 - mid September.

Site: Camp Sycamore Hills

Who: 2nd and 3rd grade

Cost: \$6 per person

Duration: 1 hour

Min/Max: 6/10



HIGH CHALLENGE I

The High Challenge course consists of poles, ropes and elements. The participant will experience three elements about 40 feet off the ground. The course is designed to stimulate trust, improve communication skills and to help conquer feelings of self doubt. Participants enjoy a sense of accomplishment and enhanced self-confidence.

Site: Camp Sycamore Hills

Who: 4th grade and up

Cost: \$15 per person

Duration: 2 hours

Min/Max: 8/12



KAYAKING

This program is designed for participants with no previous, formal kayak instruction. The session is divided into two segments, which include dry land safety instruction and time in the water.

Site: Camp Nee Kah Nah

Who: 4th grade and up

Cost: \$7 per person

Duration: 1 hour

Min/Max: 5/5

OBSTACLE COURSE

Consists of warm-up games and a series of connected elements constructed of steel cables, rope and trees. Participants maneuver their way through the course as individuals while being closely supervised by a team of two to three adults.

Sites: Camp Sycamore Hills, Camp Holloway

Who: 2nd through 12th grade

Cost: \$7 per person

Duration: 2 hours

Min/Max: 6/10



RAPPELLING

Descend a rope by using friction to safely control the rate of descent. Rappel sites include a rock face at Camp Sycamore Hills and a tower at Camp Holloway with 20, 30 and 40 feet options.

Sites: Camp Sycamore Hills, Camp Holloway

Who: 4th grade and up

Cost: \$15 per person

Duration: 2.5 hours

Min/Max: 8/12

ROCK CLIMBING

Challenge yourself to climb the rock wall. Camp Sycamore Hill has a 26 foot wall. Climb Camp Holloway's 40 foot Promise Tower. Both walls have simulated rock and hand holds.

Site: Camp Sycamore Hills and Camp Holloway

Who: 2nd grade and up

Cost: \$15 per person

Duration: 1.5 - 2 hours

Min/Max: 8/12



SWIMMING

Camp Sycamore Hills and Camp Holloway each have a large swimming pools that are open from early August through mid-September each year. Girl Scout approved lifeguards must be on duty when pool is in use. Troops are responsible for providing one watcher to every ten participants.

Who: All ages

Cost: 2 hour Troop Fee: \$90

Service Unit Day Fee: \$350 (additional day + \$125)

Duration: minimum of 2 hours

Min/Max: 1/50 - Camp Sycamore Hills

Min/Max: 1/40 - Camp Holloway

TEAM ADVENTURE

Team Adventure consists of a series of outdoor elements designed to develop team building, problem solving, cooperation, creativity and communication skills.

Sites: Camp Sycamore Hills, Camp Holloway

Who: age 10+

Cost: \$7 per person

Duration: 2 hours

Min/Max: 8/10



TREE CLIMBING

Participants get a bird's eye view of camp by ascending into the canopy of a tree. This self-belay system allows participants a safe and fun way to reach the highest branches. Rope, harnesses and helmets are used.

Sites: Camp Holloway, Camp Sycamore Hills

Who: 4th grade and up

Cost: \$15 per person

Duration: 1.5 - 2 hours (varies on size of group)

Min/Max: 8/12



WAGON RIDE

See the rolling countryside of Camp Sycamore Hills from the bed of a tractor-pulled wagon. Note: There is no hay in the wagon.

Site: Camp Sycamore Hills

Who: 1st grade and up

Cost: 30 minutes - \$2.50 per person, 1 hour - \$3.50 per person, Cookout (2 hours) - \$8 per person

Duration: Wagon can be booked for 30 minutes, 1 hour or 2 hours with a cookout.

Min/Max: 10/25



DISC GOLF

This is not your typical 18-hole round of golf. Instead of using golf clubs and balls aiming for a hole, disc golf players use golf discs (similar to Frisbees) and aim for a basket made of chains. Players with the fewest number of throws win.

Site: Camp Piedmont

Who: all ages

Cost: no charge and no facilitator needed - equipment is available in our Murfreesboro office. Call (615) 690-7057 to arrange pick-up or bring your own discs.

HIGH CHALLENGE II

The high challenge course consists of poles, ropes, and elements. The participant will experience 3 elements about 40 feet off the ground. The course is designed to stimulate trust, improve communication skills and to help conquer feelings of self-doubt. Participants enjoy a sense of accomplishments and enhanced self-confidence.

Site: Camp Sycamore Hills

Who: 6th grade and up

Cost: \$15 per person

Duration: 2 hours

Min/Max: 8/12

FLYING SQUIRREL

This component is a wonderful introductory activity for the high challenge course that involves participation of an entire group. One person is attached to the end of a rope via a harness and is hoisted aloft by the efforts of the rest of the group pulling on the other end of the rope.

Site: Camp Sycamore Hills

Who: 4th grade and up

Cost: \$15 per person

Duration: 3 hours

Min/Max: 8/12

ZIP LINE

The zip line is an exciting high challenge component on which the participant climbs 40 feet in the air and then steps off a platform to ride down a long slack cable on a pulley.

Site: Camp Sycamore Hills

Who: 4th grade and up

Cost: \$15 per person

Duration: 2 hours

Min/Max: 8/12

ADVENTURE BLAST

Take the plunge and let the facilitators help your troop renew their team spirit with this 1/2 day adventure program. You will receive 4 hours of adventure programming to include a team adventure experience, and 2 of the high challenge opportunities. We will plan the program around your group's goals. Your troop will be pumped for the new year and catch up as they share a fun filled time with each other.

Site: Camp Sycamore Hills

Who: 4th grade and up

Cost: \$25 per person

Duration: 4 hours

Min/Max: 8/12

GAMES AND INITIATIVES

Games and Initiatives is a fully facilitated program for groups of all sizes! Join us for a variety of Games and Group Initiatives tailored to your group's age level and group needs.

Site: Camp Sycamore, Camp Holloway,

Camp Nee Kah Nah, Camp Piedmont

Who: All Ages levels

Cost: \$5 per person

Duration: 1.5 hours

Min/Max: 8/no max

TRAVEL GAMES AND INITIATIVES

Travel Games and Initiatives is a fully facilitated program for groups of all sizes and we come to you! A facilitator will come to your location and run a program of a variety of Games and Group Initiatives tailored to your group's age level and group needs.

Site: We will come to you. Troop Meetings,

Service Unit gatherings, Day Camps, etc.

Who: All Ages levels

Cost: \$7 per person

Duration: 2 hours

Min/Max: 8/no max