



Field Trip and Recreation Program Options

Campfire: Yodellers, princesses, & centapedes all come together at the CYO campfires. Enjoy a singing, skits, & other jocularity.

Candle Making: Just like in the old days. Melted wax and wicks come together to make your one of a kind creation.

Canoeing: Small pond boating; also includes playaks & paddle boats, a great way to recreate on the water.

Circuit Course: The circuit course appears to be very similar to an obstacle course, except this course cannot be completed alone. On the circuit course participants are accompanied others who look out for safety. This is a great exercise in servant leadership.

Climbing Wall (4th grade & up): It takes a lot of encouragement for a participant to climb up our 35 foot climbing wall. The climber is not alone; the whole group supports the climber as they complete this challenge.

Group Led Activity/Free Time: Bringing your own activities? Just let us know & we will put them in your schedule.

Ground Based Initiatives: The first level of teambuilding initiatives are puzzle-like challenges participants must overcome together. These scenarios bring situations to the surface which can be processed by staff for participants to learn leadership & teamwork skills.

High Ropes Course: Participants will have an opportunity to step out of their comfort zone while climbing to new heights on our high ropes course. The whole group has jobs to support & encourage each other.

Improv to Improve: Designed for adults, this class focuses on very specific leadership principals when working with young people.

Lanyard Making: Weaving in & weaving out...make a key chain & create a keepsake.

Leadership: Participants will be challenged with various team building activities as a large group in this evening program.

Letter to Self: In this activity, participants will take time to write a letter to themselves that they will receive at a later date.

Low Ropes Course: (pre-requisite Ground Based Initiatives): After working on their teamwork in ground based initiatives, participants will enter the Sonrisa Challenge Course which encourages exploration of leadership skills & teamwork in a deeper way.

Mass: (Bring Your Own Priest): Groups can celebrate mass at camp. Camp has the materials needed except a priest & their vestments.

Night Hike: While on a hike through the woods with their group, participants play fun night games, gaining comfort in God's creation.

Prayer Service (led by school/church staff or by camp staff): Groups can lead their own prayer service or have one led by the staff.

Solo Hike: As they hike alone in the peace & beauty of the forest, participants will reflect on their relationship with God, guided by a series of questions & activities

Sports & Games: Various old favorites & new "soon to be favorites" will be played!

The Beast: How do we communicate? How can we communicate better? Participants learn answers to these questions & more in this challenge activity as they try as a group to re-create a beast they cannot see.

Way to Pray: Prayer Flags: Hard to find the words to pray? Participants will utilize Tibetan prayer flags to help them express prayers.

Way to Pray: Rosary Reflections: Praying for others is a powerful action of love & in the Catholic tradition; we can pray for others & ask for the intercession of our Blessed Mother using the rosary. In this class, participants will make a rosary while learning how to pray it.

Zoom: In this challenge activity, participants each have one small piece of the pictorial story & must work together to put it all in order using clear communication, patience, & leadership.