



# CAMP COLMAN FAMILY CAMP ACTIVITIES

Due to physical distancing and sanitizing needs we will be running our daily activities a little differently than we have in the past. Please be sure to complete the activity request form in UltraCamp by June 10<sup>th</sup> so your family can be scheduled for certain activities. Our goal is to have at least 2-3 activities scheduled per family each full day at camp, more if possible, split into two categories: **Guided and Self-Guided**. **Guided Activities** indicate a Colman staff member will guide you through this pre-scheduled activity. **Self-Guided Activities** indicate you can do this activity once you have the needed supplies; GaGa Ball and other sports activities are Self-Guided but require advanced scheduling to allow for the check-out of sanitized equipment. Please reach out to Daniel Alpers at [dalpers@seattleyymca.org](mailto:dalpers@seattleyymca.org) with any questions or concerns.

## OUTDOOR EDUCATION

### Marine Ecology

#### Beach Walk: Guided

Take a walk on our beautiful beach! Observe and examine the shore community here in the Puget Sound, including tidal pools, invertebrates, and coastal wildlife. All along our coastal habitats, explore the physical features of the beach and organisms living there. In this course you are an active participant in your own learning: question, explore, and identify your living surroundings.



#### Marine Invertebrates: Guided

Meet creatures from the saltwater ecosystem. Through hands-on activities, explore how marine invertebrates have adapted to different habitats and why these critters are suited to where they live here in the Puget Sound. Get to know creatures in the touch tank at Colman's Marine Center.

#### Squid Dissection: Guided

Students dissect a squid to explore the different adaptations and anatomy of these amazing invertebrates from mantle to tentacle!

### Forest and Aquatic Ecology

#### Forest: Guided or Self-Guided

In hiking through our majestic trees, you can explore Colman's forests and woodland ecosystem. Along with seeing the forest as a whole, interdependent, ever-changing community, play games and participate in activities to learn about individual species in the forest and how they live.



## Natural History Hike: Guided

Study the geological make-up of the beach and surrounding areas of Camp Colman. Through observation and study of the geologic patterns seen around camp, students will understand how this area has changed over time and learn about some of the history of the Puget Sound.

## Sensory Hike: Guided

This hike takes place on camp property and allows you to explore different environments in camp. Activities might include a quiet sit in the forest where you diagram the sounds you hear, a walk to a beautiful view, or a chance to journal in a beautiful setting. Feel free to make requests!



## Garden and Sustainability

### Garden Exploration: Guided

The Organic Garden at Colman is used as a model to discuss universal trends in farming, sustainability and environment and physical health. Explore the sustainability of plants, animals, and people living together. Participate in hands-on activities such as planting, harvesting, composting, and recycling in the garden.

## TEAM BUILDING AND LEADERSHIP

### Family Team Building: Guided

In this class, students work together to solve physical and mental problems. The group starts with simple problems requiring basic communication and problem-solving skills. Work up to more difficult problems requiring trust and strong reliance on each other. The instructor uses props or Low-Ropes elements to create problems that must be solved with teamwork and group participation.

### Orienteering: Guided

Learn the basics of how to use a compass to find your way while working together as a team. The lesson will start with the basics of how to use a compass and lead into a mission to go find the rest of your team!

## TRADITIONAL CAMP ACTIVITIES

### Archery: Guided

Learn the basics of range etiquette and shooting a bow. Gain confidence and skills.

### Arts and Crafts: Guided & Self-Guided

A variety of arts and crafts projects are available. Everything from recycled crafts, friendship bracelets, coloring, and beading to upcycling beach trash into art!



### \*Beach Swimming: Guided

Looking for a cooler experience? Enjoy the salty south Sound under the watchful eye of our lifeguards. Adults must accompany children.

### **\*Boating: Guided**

Come join us at the Lagoon for boating in one of our Canoes or Row Boats. Your group must have at least 1 adult to use one of our boats. Each boat holds a maximum of 3 people per vessel.



### **Fishing: Guided**

Students cast for fish off the dock at camp. Catching fish not guaranteed, a fun activity for parents and kids to try together.

### **Garden Crafts: Self-Guided**

Pick up a kit outside the garden to create your own garden magic. Create a recycled bird feeder, a seed bomb, a recycled planter and plant.

### **\*Kayaking: Guided**

Enjoy our sheltered Lagoon from a kayak! Advanced swim level based on YMCA skill check required.

### **\*Lagoon Swimming: Guided**

Take a dip in the Lagoon to cool off for some aquatic fun!

### **\*Paddle Boarding: Guided**

Enjoy a stand-up paddle board in the Lagoon. Advanced swim level based on YMCA skill check required.

### **Pottery: Self-Guided**

Channel your inner 3D artist and create an object or bowl with air dry clay!

### **Tie Dying: Guided**

What's more camp than Tie Dye? Bring something white or gray to camp to turn into a beautiful mosaic of color! We also have white Colman t-shirts made specifically for tie dye available for sale in the camp store.



## **SELF-GUIDED SCHEDULED ACTIVITIES**

We do not anticipate needing to limit these activities much, but will ask that you schedule them with staff in advance to make sure we don't have too many people in one area at a time. Please remember to stay on camp property, and to take only pictures or memories, and leave only footprints. Please bring a mask to wear in the event of encountering other guests and maintain physical distancing from other family groups.

### **Beach Campfire**

Let us know if you'd like to build and enjoy a fire at the beach. We'll be able to schedule a few family groups at various areas. Please indicate if there is a particular day/time during your stay you'd like to do this activity and we'll do our best.



## Beach Walk

Take a walk down the beach to check out all the cool critters. Use the beach walk key to identify things you find. Create a rock rainbow on a driftwood log. Sandcastle Building – BYO Tools!

## GaGa Ball

Enjoy the playground hit of GaGa Ball in one of our GaGa Pits!



## Hiking

Check out our map and follow the Upper Loop through the forest. Take a plant ID guide along to identify the plants you find.

## Sports Balls

Check out a sports ball to have fun with the family.

**\*Note:** All swimming and boating activities, regardless of swimming ability, require a lifejacket/personal flotation device (PFD). Camp Colman will provide each participant with a PFD at the beginning of camp; please remember to bring these with you to the waterfront. All swimming and boating activities are under the supervision of trained and certified YMCA Staff Lifeguards.