Spring II 2016 Outdoor Education PE Schedule

Outdoor Bouldering  
$30

Simplicity is the theme--shoes, chalk and pad are all you need to climb some really aesthetic lines. Bouldering being a social outing, you'll learn to coach, spot and protect your climbing mates. No matter what your climbing ability, there will be boulders you send, boulders to challenge you and boulders for next time. First two classes will be at the wall and the outing will be in the Southern Adirondacks. No experience necessary.

Class 1 (wall): Thursday 3/31 4:30pm – 6:30pm
Class 2 (wall): Thursday 4/7 4:30pm – 6:30pm
Outing: Saturday 4/9 9:00am – 6:30pm
Outing makeup* Sunday 4/10 9:00am – 6:30pm

*Make-up class is offered only for weather cancellation of the outing

Women’s Outdoor Bouldering  
$30

LADIES! Have you been interested in rock climbing but didn’t know how to get started? Want to try it, but don’t like heights? Well, here is your chance to get a feel for the rock, literally! Bouldering is a form of climbing where no ropes or harnesses are used, and climbers are supported by spotters and crash pads while working on bouldering “problems” or routes. You will gain strength, balance and determination, while making some friends to go bouldering with! The first two classes will be at Colgate’s Angert Family Climbing Wall, and will be followed by a local outing. If the title doesn’t say it loudly enough, no boys allowed.

Class 1 (wall): Tuesday 4/12 4:30pm – 7:00pm
Class 2 (wall): Tuesday 4/19 4:30pm – 7:00pm
Outing: Saturday 4/23 9:00am – 6:30pm
Outing makeup* Sunday 4/24 9:00am – 6:30pm

*Make-up class is offered only for weather cancellation of the outing

Outdoor Rock Climbing  
$30

This introduction to rock climbing will get you well on your way to becoming the local super hero on the cliff. Develop a skill set of knots, rope handling, basic anchors and movement on vertical terrain. Learn the fundamentals of safe climbing and hone your technique as you finesse your way up the wall! Classes will be on campus followed by an outing to Little Falls, NY.

Class 1 (wall): Tuesday 3/22 4:30pm – 7:00pm
Class 2 (wall): Tuesday 3/29 4:30pm – 7:00pm
Outing: Saturday 4/2 9:00am – 6:30pm
Outing makeup* Sunday 4/3 9:00am – 6:30pm

*Make-up class is offered only for weather cancellation of the outing
Hike and Paddle  $25

Can’t decide which course to take? Then combine two favorites - hiking and paddling. As winter is still departing, you will spend time hiking locally among the fading snow and buds of spring. Once the lake and rivers thaw, you will spend a Saturday in a canoe exploring some local calm waterways and enjoying the warmth of the spring sun. There is no better way to kick start spring!

Class 1:  Wednesday  3/30  4:30pm – 7:00pm
Outing 1: Hike  Saturday  4/2  9:00am – 6:30pm
Outing 2: Paddle  Saturday  4/9  9:00am – 6:30pm

Overnight Peak Hikes

Looking for a quick getaway? This is the class for you! Class time will cover the basics of navigation and trip planning. For the outing we will drive to the Adirondacks and spend the night in a mountainside chalet. The next day we will hike a peak and return to campus in the evening. Expect beautiful vistas and some relaxing time spent in the woods!

Overnight Peak Hike A  $40
Briefing with
Class:  Wednesday  4/6  4:30pm – 7:00pm
Outing:  Friday - Saturday  4/8 – 4/9  3:00pm Fri - 8:00pm Sat

Overnight Peak Hike B  $40 ($80+ value)
Class:  Thursday  4/7  4:30pm – 7:00pm
Outing:  Saturday - Sunday  4/9 – 4/10  10:00am Sat - 8:00pm Sun

Local Peak Hike  $25

Want to go for a hike or explore what the Adirondacks are all about? This is the class for you! Class time will cover the basics of navigation and trip planning. For the outing we will drive to the Adirondacks on Saturday morning. We will hike a beautiful peak and enjoy the wilderness and views, and return to campus that evening.

Class:  Tuesday  4/19  4:30pm – 7:00pm
Outing:  Saturday  4/23  8:00am – 7:00pm
### Tree Climb

Whether an adrenaline junkie, nature lover or kid at heart, tree climbing is the place for you! You will learn how to use a ten foot tall sling shot to rig trees, use ascenders to get into the canopy and other techniques to move within the tree. There will also be plenty of time to pause and check out the view! You’ll finally get to climb as high up as you have always wanted! $20

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<td>Friday</td>
<td>4/22</td>
<td>3:00pm – 7:30pm</td>
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<td><em>Outing (makeup)</em></td>
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<td>4/23</td>
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*Make up classes are offered only if outings are rescheduled due to weather.

### Backcountry Cooking

Ever wonder why everything tastes better in the outdoors? You will cook delicious food from ‘scratch’ and be on your way to becoming the next backcountry Iron Chef! Have four dinners with your class and learn how to please your belly with artfully crafted food in the wilderness.

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<th>Class 3</th>
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<td>Monday</td>
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<td>4/11</td>
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<td>4/25</td>
<td>4:30pm - 7:00 pm</td>
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### Caving

Itching for a whole new kind of adventure? Join this class for unlimited exploration, bright lights and stylin’ headgear. Come learn about cave geology, navigation and life underground! This course includes a class to prepare and an overnight trip to the best cave in the Adirondacks. Previous caving experience is not required, but an ability to handle tight spaces will be very beneficial. We will be camping Saturday night before caving Sunday.

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<th>Class</th>
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<td>4/21 – 4/24</td>
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### Intro to Whitewater Kayaking

Get your feet wet and enjoy the thrill of whitewater kayaking - the hottest sport around! You will progress from flat water to moving water to white water and will learn the basic strokes, river reading and safety, eddy turns, peel outs, ferries and can try your hand at the Eskimo roll. Guaranteed fun!

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<th>River Outing*</th>
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<td>(pool)</td>
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<td>Friday – Sunday</td>
<td>4/22 – 4/24</td>
<td>3pm Fri – 7pm Sun</td>
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*Weekend outing may become Saturday/Sunday on local rivers if water levels are appropriate.