Outdoor Education: Summer 2017 P.E. & Backyard Adventure Offerings

Summer outings with Outdoor Education are open to any student, faculty, or staff, or their families. Those outings listed as PE will earn students one PE credit. Backyard Adventures (BYAs) are shorter outings that do not earn participants PE credit.

Unless otherwise indicated, all classes are beginner friendly, no previous experience is required.

Some classes are kid friendly, and are marked as such. All children must be accompanied by a parent/guardian and must be driven to the outing by a parent/guardian - minors are not allowed to be driven in University vehicles.

To sign up for an outing or class: go to our website and complete the registration form. Gate Card payment can be authorized via the sign up sheet, or you can bring a check or cash with you to the first class. All fees are non-refundable. Group sizes are limited. If you have questions, give us a call at 315-228-7972.

**Stand-Up Paddle Boarding (SUP) *BYA**
Learn the basics of balance and momentum on beautiful Lake Moraine. Guaranteed fun and a skill you'll definitely want to learn! Kid friendly! *No PE Credit $15

**Outing:** Friday  
**June 16**  
4:30-7:30p

**Mountain Biking**
We know what you're thinking: “That sounds hard, maybe I’m not in shape for this.” Oh but you are! We will start on flat grassy trails and work our way up to rolling hills. By the end of the course, you will be on single-track terrain banking through the forest on Colgate’s very own trails that are just outside your back door! Bike rental is included in the course cost or you may bring your own, and between classes you can take a bike out for practice rides. You will learn essential trail riding techniques and bike maintenance. You don’t want to miss out! $30

**Class 1:** Tuesday  
**June 20**  
4:30-7:00p

**Class 2:** Thursday  
**June 22**  
4:30-7:00p

**Class 3:** Tuesday  
**June 27**  
4:30-7:00p

**Class 4:** Thursday  
**June 29**  
4:30-7:00p
**Outdoor Bouldering**
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. **$30**

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<tr>
<th>Prep</th>
<th>July 5</th>
<th>4:30-6:30p</th>
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<tbody>
<tr>
<td>Outing:</td>
<td>Saturday</td>
<td>July 8</td>
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**Moonlit (Full Moon) Canoe *BYA**
Let the moon light the way as you explore the waters of Lake Moraine! *No PE Credit. **$25**

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<tr>
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<th>July 9</th>
<th>9:00-11:00p</th>
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**Outdoor Rock Climbing**
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 and movement on vertical terrain. Learn the basics of safe climbing and hone your technique as you finesse your way up the wall! The first two classes at the climbing wall followed by a local outing. Kid friendly! **$30**

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<td>July 22</td>
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