



THE FOREST SCHOOL AT RYE NATURE CENTER

Summer Guide 2023



Summer Camp and
Paddle Adventure Camp





About Camp at The Forest School

At Friends of Rye Nature Center's Forest School, we believe a deep understanding of and connection to nature starts when we allow our environment to teach us. The 47-acres of forest at the Rye Nature Center is so much more than a park. It is the place where we begin to understand our role in our greater ecosystem, how we can shape our future, and why the freedom of the outdoors ignites our imaginations and intellects.

Our summer day camp experience provides adventure and ecological exploration for students in preschool through seventh grade. Our camp offers the ideal opportunity to explore the outdoors. A hands-on approach to scientific inquiry connects everyone to nature through environmental stewardship activities in a fun, relaxed setting.

American Camp Association Accreditation

Friends of Rye Nature Center's Day Camp and Paddle Adventure Camp are accredited by the American Camp Association. This accreditation demonstrates our commitment to excellent professional practices for the safety and well-being of our campers.

Our Staff

Our staff consists of FRNC's year-round naturalists and environmental educators. Our college-aged group leaders and high school-aged counselors serve as role models and allow us to maintain a low camper-to-staff ratio. Our year-round staff are certified in Adult, Child, and Infant CPR, and First Aid for First Responders, including Epi-Pen use. Certifications are updated annually.

Arrival and Departure

Campers use our convenient drive-by drop-off and pick-up. If you need to walk with your child, you will be directed where to park/check-in. Please send a note if your child will be picked up by someone other than a parent, guardian, or caregiver. We cannot accommodate early drop-off or late pick-up and do not provide transportation to or from camp.

Friday Showcase

At the end of camp each Friday, children will present a special project they have been working on throughout the week to parents and caregivers. Past showcases include science fairs, art shows, and "show-and-tells."

Lunch & Gear

Children should bring lunch each day. We are a carry-in, carry-out facility. All garbage from your child's lunch will be sent home daily. Although we are not a nut-free facility, we ask that you pack lunches that use nut-free alternatives. Children should dress for being outside and wear either sneakers or hiking shoes with socks. All campers are given a camp shirt at the start of the week.

Financial Assistance

Friends of Rye Nature Center offers need-based financial assistance for our summer camp programs. To request a scholarship application, contact Christine Siller, Executive Director, at christine@ryenaturecenter.org. Applications must be submitted by June 1, 2023.

Membership

An Environmentalist-level membership (\$125) or higher, valid through the program date, is required to attend camp. Only one membership is required per family.

Health & Safety

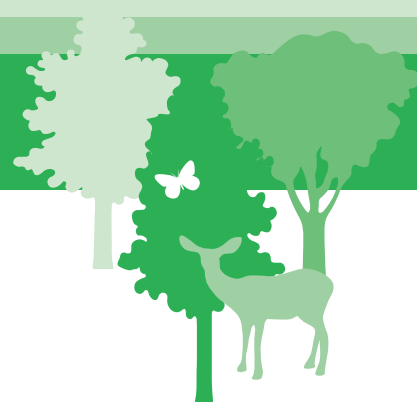
We remain in contact with the Westchester County Department of Health to modify our policies as New York State updates its guidelines regarding COVID-19 and any other communicable diseases.

Cancellation Policy

No refunds or credits will be given if you cancel your enrollment. In the event you cancel, a tax receipt will be issued indicating that the program fee was converted to a charitable donation. Membership is non-refundable.



Camp Groups



\$425 per week
9:00 a.m. - 1:00 p.m.

Explorers

Entering Preschool or K in the Fall

Designed for our youngest campers' growing minds and bodies, our Explorers program is grounded in early childhood educational values and promotes nature exploration and inquiry. Each day is structured to build confidence and skills as children discover the Nature Center's forest, wildlife, animals, ponds, and garden. **Children must be at least 3.5 years old by the start of camp and completely toilet-trained. No exceptions.** Campers should be sent daily with a morning snack and healthy lunch.

Discoverers

Entering Grades K - 5 in the Fall

Discoverers enjoy a variety of nature and science activities throughout the week. Hiking, natural history, art, and STEM projects fill these campers' days. During free time, campers cool off in our sprinklers, play games, visit with our animals, and build friendships.

Please note: Discoverers are grouped by their age and/or the grade they are entering in the fall. Children will be grouped within one grade level or 1.5 years of their age. FRNC strives to fulfill friend requests, but it is not guaranteed.



\$450 per week
9:00 a.m. - 3:00 p.m.



\$495 per week
9:00 a.m. - 3:00 p.m.
Campers stay until 5:30 p.m.
On Thursdays

Naturalists in Training (NITS)

Entering Grades 6 or 7 in the Fall

Our NITS enjoy the freedom and responsibilities of being the oldest campers. A typical day includes teacher-led activities with FRNC staff as well as time to pursue the group's own interests and develop outdoor skills. Each Thursday, the NITS stay late for a cookout and exploration of the camp grounds.

Weekly Themes

Registration will begin online on January 27, 2023 at 10:00 a.m. ***At this time, we are limiting registration to four weeks per child.*** If you would like to register your child for more than four weeks, you will be able to request to be added to a waitlist for the remaining weeks at registration. **Full payment is due upon registration.**

OCEANS AND AQUATIC ANIMALS

JUNE 26 - JUNE 30

Learn about creatures both big and small that live in the Blind Brook, the Long Island Sound, and beyond. There are many amazing adaptations at work to help these creatures survive under the sea. Campers will learn how to stay afloat as we build our own miniature boats to test on Rye Nature Center's different water features.

GROW IT, CHOP IT, EAT IT

JULY 3 - JULY 7 (No camp July 4)*

Where does your food come from? What types of powers do plants have? Get to the root of it in this fun, food-filled week. From medicinal uses to culinary creations, vegetation is key to our planet's and our own health. Join us as we use our senses to enjoy some tried and true concoctions and taste our way through the week.

*Week 2 of camp is prorated due to the July 4th Holiday. No other sessions of camp may be prorated.

SKILLS TO SURVIVE

JULY 10 - JULY 14

Could you survive on a deserted island or for days in the forest? Join us this week as we build shelters to protect ourselves from the elements, start fires without matches, and find out what to do when water is scarce. Learn to navigate with a map and compass and make sure you always stay on course.



SUSTAINABLE SCIENCE

JULY 17 - JULY 21

Grab your goggles and lab coats as we experiment and observe the different chemical reactions that have led to the greenest scientific and engineering achievements. Challenge your knowledge of electricity, gravitational forces, and energy while you build simple robots, rockets, and solar ovens.

YOU CAN DO WHAT?

JULY 24 - JULY 28

Learn all about the ever-changing world of animal adaptations. From prey that blend into their surroundings to sneaky predators, we will investigate amazing creatures on land and deep within the sea. Join us as we uncover which animals use different skills for protection and explore the unbelievable world of bioluminescence.

STEM IT UP!

JULY 31 - AUGUST 4

You don't need to be a scientist to master the basics of chemistry, physics, and engineering. Campers will spend the week uncovering the world of robotics and engineering, discover ways to travel through the air, and have the chance to conduct plenty of crazy chemistry experiments.

SIX ELEMENTS OF SURVIVAL

AUGUST 7 - AUGUST 11

This is not your average week! See if you have what it takes to survive off the land by creating your own survival kit. Learn how to adapt to the demands of nature and survive in the woodlands of Rye Nature Center.

GEOLOGY ROCKS!

AUGUST 14 - AUGUST 18

Can you dig it? Minerals, mining, and magical mica! Campers will use tools to explore different types of bedrock, search for a glacial erratic, and create works of art using collections from our quarry.



Sample Day

For Discoverers

9:00 a.m.	Arrival
9:15 a.m.	STEM Activity or Animals
10:00 a.m.	Snack
10:15 a.m.	Group Game
11:00 a.m.	Hike
11:45 a.m.	Lunch
12:30 p.m.	Water Play
1:15 p.m.	Forestry or Art Project
2:00 p.m.	Botany or Natural History
3:00 p.m.	Dismissal



Volunteer Opportunities

Ages 15 and up

Friends of Rye Nature Center offers an opportunity for those who are **15 years or older** to volunteer with our conservation team.

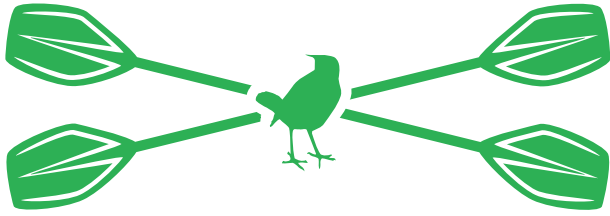
Volunteers help with invasive species removal, tree watering, and trail maintenance. Volunteers must commit to two or more days a week from 9:00 a.m. to 3:00 p.m. for at least two weeks between June and August.

To apply, email jax@ryenaturecenter.org or call 914-967-5150.

Spaces will be filled on a rolling basis as requests come in. **No applications will be accepted after June 1, 2023.**



Paddle Adventure Camp



For Campers Entering Grades 8, 9, or 10

This all-levels camp is designed to introduce campers to the joys of kayaking throughout the beautiful Hudson Valley. Our goal is for participants to build paddling skills, confidence, and make friends in a safe, exciting, and fun atmosphere.

Throughout the week, campers are given opportunities to improve:

- **Leadership skills**—by guiding portions of our water and land routes while staff supervises from the background.
- **Team work**—by working as a group to lift and carry kayaks, offering each other positive feedback, and encouraging one another to hike that last mile.
- **Self-confidence**—by seeing their hard work pay off when they reach the peak of that day's hike or when they pull out their kayak at the end of a long paddle.

Our Staff

Paddle Adventure Camp (PAC) is led by qualified FRNC staff and seasoned kayak instructors. Each day on the water, the group is accompanied by three trip leaders: two American Red Cross (ARC) certified lifeguards and one FRNC educator. On land days, the group is led by two experienced FRNC educators. Our staff are certified in Adult, Child, and Infant CPR, and First Aid for First Responders. All staff are trained to use EpiPens. Certifications are updated annually.



Our Gear

FRNC provides all equipment needed to safely explore our local waters. On the first day, campers are assigned a touring kayak, paddle, dry bag for storing lunch and extra clothing, and life vest with a safety whistle. Each boat is equipped with bulkheads for gear storage and flotation. Campers should bring lunch and dress ready for that day's excursion. Hiking gear and water shoe recommendations will be available in our parent information packet.

Our Locations

We choose our kayaking and hiking locations to offer safe and fun experiences for campers. Local destinations introduce campers to a variety of habitats and ecosystems that provide opportunities to view wildlife and learn about local history. Families will be given specific trip locations and information prior to the week their child is enrolled. Drop-off and pick-up are at the Nature Center. FRNC will transport campers to the various trip locations. If Department of Health policies do not allow camper transportation, parents will drive children to the day's trip location. In this case, locations will be selected closer to Rye.



Sessions

Monday - Friday,
9:00 a.m. - 4:00 p.m.

Pick-up time may vary slightly
based on travel.

Fee: \$600 per session

Session 1 June 26 - 30

Session 2* July 3 - 7
No Camp July 4th

Session 3 July 10 - 14

Session 4 July 17 - 21

Session 5 July 24 - 28

Session 6 July 31 - August 4

Session 7 August 7 - 11

Session 8 August 14 - 18

Registration will begin online on January 27, 2023 at 10:00 a.m. *At this time, we are limiting registration to three weeks per child. We do not recommend registering for consecutive weeks due to the physical nature of the camp.*

An Environmentalist-level membership (\$125) or higher, valid through program date, is required to attend camp. Only one membership is required per family.

*Session 2 is prorated due to the July 4th Holiday. No other sessions of camp may be prorated.

Sample Day

9:00 a.m. Arrive at Rye Nature Center

9:15 a.m. Trip and safety overview; gear distribution; depart RNC

10:30 a.m. Paddle throughout Canopus Lake and land on little island

12:30 p.m. Lunch

1:15 p.m. Kayak skills and games; foraging and animal ID lesson

3:15 p.m. Return to launch point and load gear; return to RNC

4:00 p.m. Dismissal from Rye Nature Center

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Sample PAC Week

Each week, PAC will aim to complete two kayaks, two hikes, and one field excursion. Excursions may include visits to museums, historic sites, and gardens. Schedule is subject to change.

Day 1 - Paddle

Camp orientation at RNC; on-water training; paddle games; short kayak tour.

Day 2 - Hike

Hike Rockefeller State Park; learn about local history; bird identification lesson.

Day 3 - Paddle

Paddle Lake Sebago; kayak skills; short exploration of Harriman State Park.

Day 4 - Hike

Hike Westmoreland and Arthur Butler Sanctuary; orienteering and geocaching.

Day 5 - Field Excursion

Visit the New York Botanical Garden's Conservatory; explore the glass-enclosed rainforests and deserts.

