

WINTER ADVENTURES 2017-18

Grades: 2-4

Instructor: Sarah Totall

Days: Mondays 3:35-5:00

Starts: December 11-February 26.

- Eight sessions.
- Make up day if needed will be March 5, 2018.

Cost: \$90

Aftercare:

- If you can pick up by 5:14 you do not need to pay for aftercare.

Physical Requirements: this is a very active class. Your child should like to be active, enjoy the outdoors and cold/winter. I highly recommend you send a nutritional snack on this day. Only "after care" students get snacks.

Class Details: This is an outdoor class no matter the weather. We will explore and play in NE Park. Activities include:

- Cross country skiing
- Sledding
- Ice Skating at Windom Park (Day TBD)
- Snow forts
- Nature games: Thicket (hiding game), Prey & Predator, Fox & Mink...
- Nature exploration & animal tracking
- Scavenger hunt
- Campfire: campfire safety and marshmallow roast



Winter Gear: warm winter gear (not fashion gear) is a requirement. We go out in cold weather. *There is no such thing as bad weather only bad clothing.* Check out the winter weather clothing guide below.





EXAMPLES OF GOOD WINTER CLOTHING



Please make sure your child has all proper winter gear on Winter Adventure Days. We go out when it is very cold so warm socks, dry boots, hat and a neck gaiter make a huge difference. Pack a bag the night before class. Nothing like getting excited for school when it is Winter Adventure Day.



*Recommendation. Bring two pair of mittens on winter adventure day: One for recess and a second water resistant pair for winter adventures. Mittens with extra wrist length are great. **NO thin stretch gloves or one layer gloves/mittens.**



Neck gaiter is better than a scarf. **We will be making neck gaiters** in class. Each child will get a neck gaiter. No need to buy one.



Must wear a hat. NO FASHION HATS. Hat should cover ears. A hood and a hat is OK, a hood alone is not.



NO FASHION BOOTS (ie. Uggs). Water resistant winter boots are preferable.



Snow pants with a bib keep out the snow when sledding, rolling in snow... Even I own a pair of bib snow pants.



Recommendation: ski socks for class. That way if their socks are wet from recess they can put on a dry pair. They also stay up.

Good places to shop: On-line, Dicks Sporting Goods, REI and Target.