

# Saratoga Spa State Park Outdoor School Programs

Exploring the Outdoors (K-2 only)

**Hug a Tree and Survive**

**A Taste of History**

**Winter Wildlife/Introduction to Snowshoeing**

**Stream Exploration**



➔ For detailed descriptions, see reverse side! ➔

**Grades:** Adaptable from Pre-K- 8th grade

**Length:** 1-2 hours

**Group Size:** Classes must be limited to 25 children per instructor.

**Price:** \$3 per student, due upon day of visit. Parking fees vary. The Park Naturalist will help select the best parking option for your group.

## REGISTER TODAY!

Classes are filling up fast!

To register call (518) 584-2000 Ext. 116

Or email: [Allison.Schweizer@parks.ny.gov](mailto:Allison.Schweizer@parks.ny.gov)

# Class Descriptions



**Exploring the Outdoors (K-2 only):** An introduction to the five senses for the youngest students. Students will smell spruce needles and wildflowers, listen for crickets and birds, and learn to use their eyes like owls. This hands-on class will encourage young students to enjoy and appreciate the great outdoors.

**Stream Exploration:** Students will get a close-up, hands-on introduction to the creatures that live in Geysers Creek. During this lesson, students will measure the stream's depth and flow, survey aquatic life, and observe and identify some of their finds. Students will also learn to measure the health of a stream through their observations.

**Hug a Tree and Survive:** The Hug a Tree and Survive program teaches children how to survive in the woods should they become lost. This program is also available to private groups and clubs. The Hug A Tree and Survive program is appropriate for children ages 6 to 12, and lasts approximately 45 minutes. The program includes a video and demonstrations. Each child receives a survival pack with their own safety whistle.



**A Taste of History:** A guided tour of our famous springs and "spouters." This class introduces students to the importance of their local history. Students will taste mineral springs, learn about geology and discover the folklore of Saratoga Springs. Each student will receive a free tasting cup. **Paired with a picnic, this tour makes a great year-end field trip!**

**Winter Challenges and Snowshoeing Lesson:** Students will learn about various types of snowshoes and the history of their use. After a beginner's snowshoe lesson, the class takes to the woods and learns about the challenges of winter survival while looking for tracks and signs of local wildlife. **Get your kids out of the classroom this winter!**



## **\*NYS Learning Standards\***

LS 4 The Living Environment:  
Key Ideas 1, 3 - 7

LS 6 Interconnectedness:  
Common Themes - 1 (systems thinking)

Don't see what you need?

Give us a call!

We will try our best to  
accommodate you!

**518-584-2000 Ext. 116**