



# IdRaHaJe

## Mountain Lab School

### Class Descriptions

**ANIMAL HABITATS:** Through a variety of hands on activities and games, students will learn how the components of an animal's habitat affect its ability to survive. Students will have the chance to become animals in search of food, water and shelter while competing with others. Through these activities, the concepts of carrying capacity and limiting factors will be highlighted. The class will end with students considering how increasing human development affects a specific animal's habitat and what actions can be taken to preserve natural habitat areas for our Colorado wildlife.

**ANIMAL TRACKING:** This class introduces students to the practice of animal tracking. Starting indoors, the instructor will use a Power Point Presentation to display key concepts related to animal tracking such as common animal signs, classifying tracks and safety concerns. Before heading into the field, students will participate in a hands on activity investigating various pelts, tracks and scat of common Colorado wildlife. Students will bring all of these combined skills together as they head outside as a group observing and collecting data on animal tracks and other common animal signs.

**ARCHERY:** This class provides an introduction to the sport of archery. Students will learn the different parts of the equipment, how to properly handle a bow and arrow, and proper shooting technique, which will lead to successful shooting. After each round of practice, students will record data and note areas for improvement in following rounds. The class will end with a team challenge where students will put to practice their new skills and knowledge.

**BIG VALLEY:** Using the scientific method, students will conduct a comparative study of north vs. south facing slopes in a valley on Camp's property. Students will collect data on each slope observing the flora, fauna, soil, temperature and humidity. Through comparing the data from each slope and additional instruction, students will learn how Colorado's mountain slopes are greatly affected by their aspect and Colorado's latitude. This hands-on class is best suited for students who have a basic understanding of ecosystems, basic geography and weather.

**BOULDERING:** This class will take place inside IdRaHaJe's Boulder House which was built specifically for the sport of bouldering. Bouldering is rock climbing at heights of 14 feet or below with the use of spotters and crash pads for protection rather than ropes and harnesses. Students will learn basic climbing terms, techniques and movements during the class while climbing and spotting in a group of students. IdRaHaJe's mechanical climbing wall will be open for students to practice their bouldering technique and climbing endurance as well. The class will end with different challenges and opportunities to reflect on how the lessons learned in class can transfer beyond their experience at the Mountain Lab School.

**CLIMBING TOWER:** This class introduces students to the sport of rock climbing using IdRaHaJe's 45-foot climbing tower. Students will be instructed on the various safety systems, climbing equipment, technique and terminology used by rock climbers all over the world. Opportunities to climb up to various routes, with a range of difficulty, on the tower as well as practice climbing techniques and learn basic knots will be provided to students during this class.

**EROSION, WEATHERING & DEPOSITION:** This class introduces students to erosion, weathering, and deposition. Starting indoors, the instructor will use a power point presentation and various activities to teach key concepts and terms related to erosion. Then, the class will head outside to find areas and examples of erosion and discuss causes. Finally, students will analyze and make observations on how topography affects weathering, erosion and deposition through an engaging hands-on project.

**GEOLOGY OF THE ROCKY MOUNTAIN MOUNTAINS:** Students will dig deeper into the Rocky Mountains with a hands-on experience collecting data and classifying common Colorado rocks and minerals. Students will explore the importance of

Colorado coal mines and imitate coal mining on a cookie-sized scale. Additionally, each student will get a chance to take home a memorable souvenir from this class.

**HIGH ROPES COURSE:** This class provides students with a challenging experience to complete an obstacle course, 25-40 feet off the ground, while hooked into a safety system to protect any falls. IdRaHaJe's ropes course contains several traversing elements constructed of logs, cables, ropes and nets. After completing various elements, students will be sent off the 250-foot zip line which completes the course. In order to sign up for this class, students must be in 6<sup>th</sup> grade or above.

**INITIATIVE GAMES:** This class serves as a significant opportunity for students to develop deeper bonds with their classmates. Through a variety of games and unique activities, students will interact closely with each other as they communicate effectively, solve problems, and begin to build trust. The instructor will facilitate the students' experience as they take initiative to work as a team. After major activities, the instructor will help the students to process and transfer their learning to larger contexts within and beyond the Mountain Lab School Experience. This class serves as a great launching pad for the students' time at the Mountain Lab School.

**NATURE HIKE:** While hiking along Camp's various trails, students will be introduced to common trees, plants, wildlife and geologic features. Along with learning to identify various species, students will discuss the interrelationships of our unique mountain ecology. This active class will involve approximately 90 minutes of hiking over mountainous terrain and a 30-minute lesson introducing students to binocular use, field guides and nature journaling.

**ORIENTEERING-COMPASS SKILLS:** This class introduces students to the basics of orienteering by focusing on understanding how to use a compass. After learning the basic parts of a compass, students will head outside to apply their learning by identifying the cardinal directions and shooting various bearings. Along with this, the concept of pacing will be taught, a common skill used in orienteering competitions. The class will end with students working together to combine the skills of pacing and shooting bearings as they complete IdRaHaJe's new orienteering course.

**PIONEER STUDIES:** Students travel back in time to the days of the pioneers, covered wagons, and Early Americans in this unique class. Taught in an authentic pioneer cabin filled with antiques, students will learn about the daily life of a pioneer child through various activities. After making journey cake in a wood burning cook stove, students will also work together to make homemade butter, complete homeschool lessons with slate boards and play pioneer games.

**RAPPELLING:** Rappelling is the act of descending a rock face or other near vertical surface by using ropes and a fixed anchor point. In this class, students will learn the gear used in rappelling, safety systems, commands and how to properly rappel. IdRaHaJe has two separate rappelling sites. The first is 30 ft. tall and appropriate for 4-6<sup>th</sup> graders. The other site is 150 ft. tall and involves a strenuous hike, but is also an unforgettable experience for 7<sup>th</sup>-12<sup>th</sup> graders.

**RIFLERY:** Using BB guns and IdRaHaJe's outdoor riflery range, students will be introduced to the sport of target rifle shooting. This class will cover gun safety, basic rifle knowledge, how to properly and safely handle a rifle, and basic rifle shooting technique. Students will participate in several rounds of shooting to practice the skills taught in a safe and monitored environment during this class.

**ROCK CLIMBING:** This class provides an introduction to rock climbing equipment, rating scales, and basic technique. Students will get a chance to climb at IdRaHaJe's 30-foot rock climbing site while practicing newly learned skills. Three routes, ranging in difficulty, will be set up by trained instructors who manage all climbing systems for the students.

**SURVIVAL SKILLS:** Whether preparing to go on a simple hike, an overnight camping trip or for the possibility of a natural disaster, there are basic survival skills that everyone should possess. This class exposes students to the necessary steps

in preparing and planning for a survival situation. Students also learn and practice (in a safe and contained environment) one important skill of survival, fire or shelter building.

**TEAM BUILDING CHALLENGE:** In this class, students will work together as a team to overcome various low ropes course elements that are up to 3 feet off the ground. Instructors will sequence the obstacles from simple to complex during the 2-hour class period. The obstacles require students to solve both simple and complex problems, communicate, take on leadership roles, think creatively and build trust. This is a great class for students to explore what makes an effective team and how they individually can be a better “team player.”