

# Programs Offered—Scouts

## Intro to Kayaking

This five hour course provides participants with little to no kayak experience the basic skills needed for recreational kayaking. Participants will learn the different types of kayaks, stroking techniques, water rescue and first aid all while enjoying the natural beauty of the Meadowedge property, the Barnegat Bay and the nearby Forsythe Wildlife Refuge. All instructors are trained in kayak education and hold the strict BSA Lifeguard certification. Open to participants ages 10 and up (participants under age 14 must have a parent participate). **Cost: \$25 for Scouts.** Self Guided Treks in our Bay Kayaks may be arranged. **Cost: \$15 for Scouts.**

## Canoeing

Groups may rent canoes and equipment for one day or weekend canoe treks on one of the many wild rivers of South Jersey. Groups must meet Safety Afloat and the Guide to Safe Scouting standards and provide their own transportation and tow vehicles. Open to participants ages 11 and up. **Cost: \$15 for Scouts.** [ Cost includes canoes, paddles and personal floatation devises, and the use of the canoe trailer.]

## Cycling

Choose between two exciting routes: cycling through Historic Downtown Barnegat or biking the dirt trails of the Pine Barrens. Bike, helmet and water are included! Open to participants ages 10 and up. **Cost: \$15 for Scouts.**

## Climbing and Rappelling

Using our very own 40-foot tower, participants are instructed in safe climbing techniques including harnesses and belaying skills and rappel techniques will be introduced and practiced. The principles of safe rappelling will be taught, including three methods of backing up a rappel. All participant climbing will be top-roped to maximize safety and enjoyment. Sessions last for 4 hours, including breaks. Open to participants ages 12 and up. **Cost: \$20 for Scouts.**

## Project COPE

The program is composed of group initiative games, trust events, low-course events, and high-course events. Some activities involve a group challenge, while others develop individual skills and agility. Participants climb, swing, balance, jump, rappel, and devise solutions to a variety of problems. Most participants achieve much more than they imagined they could. Open to participants ages 7 and up (must be 13 or older to use high-course elements). Sessions typically last 8 hours . **Cost: \$30 for Scouts.**

## Hiking Trails

In addition to our camp hiking and biking trails that connect with the 17 miles of trails of the Wells Mills County Park, Citta now has two new trails to offer. First is our challenging 3/4 mile Fitness Trail sponsored by the Southern Ocean County Hospital. Second is our new Nature Trail. It starts at the front of the camp at our Native American Village and follows the scenic waterline of our lakes to the spillway by COPE. **Ask about using our Activity Packs. Cost is \$1 per participant.**

## Skeet Shooting Essentials

This program is designed to teach youth ages 14-20 the basics of shotgun shooting. The course starts with a detailed safety lesson on the safe handling of a firearm and moves into targeting techniques. All instructors hold current National Rifle Association certifications and are under the supervision of a BSA National Camp School certified Range Director. Open to youth ages 14-20 only. **Cost: \$15 for Scouts.**

# Registration form for Offered Programs– Scouts

Unit Number: \_\_\_\_\_

Type of Unit (Pack, Troop, Crew, Post): \_\_\_\_\_

Contact Person \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Date Requested: \_\_\_\_\_

Time Requested: \_\_\_\_\_

# of Youth \_\_\_\_\_ # of Adults \_\_\_\_\_

Please choose program:

- Guided Kayaking \$25 per participant
- Self Guided Kayaking \$15 per participant
- Canoeing \$15 per participant
- Cycling \$15 per participant
- Climbing/Rappelling \$20 per participant
- Project COPE \$30 per participant
- Hiking Trails \$1 per participant
- Skeet Shooting Essentials \$15 per participant

**\*\*All Activities are subject to availability of equipment and staff.\*\***

**\$100 Deposit due upon making reservation  
(will be applied to balance)**

Office Use Only

**Date Received** \_\_\_\_\_

**Receipt No.** \_\_\_\_\_

*Date Copy Forwarded to Reservation Director* \_\_\_\_\_

*Date Copy Forwarded to Property Manager* \_\_\_\_\_

