



# Outdoor Adventures and Environmental Leadership

July and August 2011

Lincoln Parks and Recreation has exciting new opportunities for youth attending Summer Day Camps. Through Urban Prairie, a new youth environmental leadership program, youth who have finished grades 5 through 9 will have the chance to experience outdoor recreation opportunities available in the Lincoln area.

## What will we do?

In addition to activities at their regular day camp, eligible participants will have the opportunity to engage in new outdoor sports and fun environmental lessons such as rock climbing, canoeing, fishing, bike maintenance, Adopt-a-Stream, composting and recycling.

## What will we learn?

### Rock Climbing and Bouldering

Cooper YMCA

Participants will:

- Demonstrate a working knowledge of universal commands (top rope climbing)
- Demonstrate proper spotting techniques (bouldering)
- Finish an established top rope or bouldering route

### Compost and Recycling

Various Sites in Lincoln

Participants will:

- Be able to classify waste items as trash, recyclable or compostable materials
- Set up and run a successful compost bin
- Be able to locate recycling centers around Lincoln

### Adopt-a-Stream

Streams and Lakes in Lincoln

Participants will:

- Demonstrate knowledge of different types of pollution in water systems
- Observe and describe the impact of human decisions on the environment based on their experience with stream clean up.
- Recognize, on an individual level, that they can have both a positive and negative impact on the environment in their community

### Bike Maintenance

Sites and Trails in Lincoln

Participants will:

- Learn basic bike anatomy and be able to troubleshoot common problems
- Perform ABCq safety check (air, brakes, chain, quick release) before every bike ride

### Canoeing

Various Lakes in Lincoln

Participants will:

- Demonstrate a knowledge of canoeing terms
- Demonstrate strokes in both bow and stern positions

## How do I get involved?

Contact your camp director for dates and times of upcoming trips. As the trip dates get closer, more information will be provided.



### What is Urban Prairie?

Urban Prairie is a close-knit, all-year program for youth who have completed grades 5 through 9 and are interested in being outdoors and discovering Lincoln and Nebraska.

#### What will we do?

##### Outdoor Adventure

Cycling, rock climbing, paddle sports, hiking, swimming and more!

##### Discover Nebraska Ecology

Visit wetlands, test water quality, tour rain gardens, explore Nebraska prairies, and learn about native species.

##### Develop New Skills

Community gardening, volunteer service, bike maintenance, and other lifelong recreation skills.

### Interested in more Urban Prairie programming?

Contact the Parks and Recreation Playgrounds Office  
1225 F Street  
(402) 441-7952  
Visit [parks.lincoln.ne.gov](http://parks.lincoln.ne.gov) or  
email us at [urbanprairielincoln@gmail.com](mailto:urbanprairielincoln@gmail.com)

### Program Location

1660 Memorial Drive  
(The Yellow House in Antelope Park near Auld Pavilion).