OUTDOOR ADVENTURES
“Fitness in the Northwest”
Summer School Physical Education Class

July 6-17  Monday-Friday

CLASS TIME
8:00-3:00 unless noted otherwise. The class will meet at MSHS side gym entrance across from the stadium.

Teachers: Patrick Stewart, Leann Stewart, Eric Tierney (MSHS teachers)

FITNESS REQUIREMENT
Please be aware of the fitness requirement of the class. Your son or daughter must be physically fit enough to complete the required hikes and biking trips. This class is not designed for students with low fitness levels. The class is 9 hours per day and the students will be tired at the end of each day. Please talk to your son or daughter about the expectations, they may need to get in shape before the class starts by biking and hiking. This class is not advised for students whom are not comfortable riding a bike for long distances. Students will not be excused from an activity due to low fitness levels.

*Minimum Fitness Requirement: All students must be able to hike 5 miles, mountain bike 20 miles, and learn introductory rock climbing skills.

*Students must have earned a B or better in their previous PE class in order to take this class. This class is NOT for students who have failed PE and are looking for retrieval credit.

CREDIT/GRADING
The students will earn .5 Physical Education credit toward the 1.5 required to graduate. The class will be graded as a letter grade on the student’s participation. Students may miss one day, but will earn no higher than a B for a grade. There will be one make-up day ONLY for any time missed on July 22 at 8:00-3:00 at the FC. DO NOT SIGN UP FOR THE CLASS IF THESE DATES DON’T WORK.

*Students may RETAKE the class one time as long as they earned a B or better.

WHAT TO WEAR & BRING
Please wear clothes that are appropriate for exercise and activity. When hiking/biking, be prepared for rain etc. The time at the high school will be spent doing various activities such as tennis, orienteering, archery,disk golf, badminton, ping-pong etc. Please bring a water bottle, healthy snacks and a lunch each day. A small backpack will be needed for hiking and biking trips. We encourage the students to bring their cell phones on the field trips for safety and picture taking. Hats, sunscreen and sunglasses are also encouraged. NO JEANS. Hiking boots are fine, but you will also need to bring tennis shoes.
**TRANSPORTATION FOR FIELD TRIPS**

*Personal transportation* will be required at times. In the years past, *students and parents have car pooled* which has worked well. Please let me and or other parents/students know if you are available to help car pool. As teachers, we are not allowed to drive students with our own private vehicles. I will send out a roster in June so you can see who is in the class to make transportation plans easier. Students may also drive themselves and or each other.

**FIELD TRIP SCHEDULE (off campus field trips) All other time is on campus**

*The students will go on a field trip every day and the rest of the time will be spent at MSHS

*Parents are welcome to go on any hikes or biking trips.

**WEEK 1**

**Monday July 6** .... Bowling.... *bring $13  1:00-3:00*

We will be walking over to the bowling alley.

Meet at MSHS at 8:00 near the side gym entrance accross from stadium entrance and pick up at 3:00 in the same place.

**Tues  July 7** .... Twin Falls Hike and beyond.

*Personal Transportation Required*

Meet at Twin Falls Trailhead at *Exit 34* at 8:00 and pick up at 11:30 at the same place. A Discovery Pass is needed if parents want to hike. If you do not have a Discovery Pass, be sure to park up on the road and not down on the trail head parking lot.

**Wed July 8**

Vertical World Rock Climbing Redmond...*bring $29  1:00-3:00*

*Personal Transportation Required*

*Address:* 15036 NE 95th St, Redmond, WA 98052  (425) 881-8826

Meet at MSHS at 8:00. *Pick up your student at 12:00 from MSHS to take to VW. Please be prompt in picking up your child at 3:00 from Vertical World. We will not return to the high school.* *All students must have a *minor waiver form* signed by a parent (see attached Field Trip Schedule for the waiver form at the bottom of the page)

**Thurs  July 9** .... Bike on Snoqualmie Valley Trail and Iron Horse Trail

*Personal Transportation Required*

Meet at *Rattle Snake Lake* (near the lake and picnic area and porta-potties). We will bike up the Iron Horse trail and then back to MSHS on the SV Trail. The class will stop for lunch at the lake and rest as needed. *Pick your student up at 3:00 at MSHS.*

**Fri July 10** .... Golf.......*Mt Si Golf Course $39 for all 3 days, payment is due at the golf course on July 13. Checks can be made to the “Mt Si Golf Course.”*

Meet at the MSHS at 8:00. We will walk over to the course each day. The students will receive instruction from Brandon Proudfoot (MT SI Boys Golf Coach) and Mt Si Golf course instructor. They will also play a 9 hole tournament on the last day. Clubs are provided, but students can bring their own as well. The class will be divided up into two groups with a morning (9:30-11:30) and an afternoon session. (12:00-2:00) Students can choose their own groups to be with friends.

*Pick up at 3:00 at MSHS.*
**WEEK 2**

**Monday July 1**

Cedar River Water Shed Tour/Volunteer Project (Rattle Snake Lake)

http://www.seattle.gov/util/environmentconservation/education/cedarriverwatershed/

Meet at 7:00 am with bike at Centennial Fields Parking lot (near Snoqualmie Elementary School) We will bike up to the watershed via the Snoqualmie Valley Trail and do a volunteer project and then tour the watershed. The class will eat lunch and bike back. **Pick up at Centennial Fields at 2:30**

**Tuesday July 1**

Golf .....Meet at MSHS at 8:00. We will walk over to the course each day.
*Pick up at 3:00 the MSHS.

**Wed July 1**

Rattle Snake Ledge Hike 8:00-10:30  4.0 miles RT

*Personal Transportation Required

Meet at Rattle Snake Lake at 8:00 near the bathrooms (porta-potties) by the lake & picnic area. THE STUDENTS WILL NOT go in the water unless to splash and cool off (although we are trained in water safety etc.) THE STUDENTS WILL NOT be allowed to go too close to the edge when we are up on the ledge.  http://www.wta.org/go-hiking/hikes/rattle-snake-ledge

*Please pick students up at 10:30 near the bathrooms to take back to MSHS.

*Pick up at 3:00 at the MSHS.

**Thurs July 1**

Golf .....Meet at the MSHS at 8:00. We will walk over to the course each day.
*Pick up at 3:00 MSHS.

**Friday July 1**

Little Si Hike 8:00-10:15 and Bowling  1:00-2:30

*Personal Transportation Required

Meet at the Little Si Trailhead at 8:00 and pick up at 10:30 and return to MSHS. There are 2 parking lots on your left, park in the second one near the bathrooms. A Discovery Pass is needed if parents want to hike.  http://www.wta.org/go-hiking/hikes/little-si

Bowling $13  1:00-2:30
We will be walking over to the bowling alley.

**Pick up at the BOWLING ALLEY at 2:30.**

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**EMERGENCY CONTACT INFORMATION**

Each teacher will be in charge of 10 students on all field trips. Students will have their assigned teachers’ phone number in the case of an emergency and visa versa.

425-922-8129   Leann’s cell
425-628-1547   Patrick’s cell
452-445-8226   Eric’s cell

*Please direct all non-emergency questions to Leann Stewart at stewartle@svsd410.org