

Mt. Cross Activity Descriptions



Children who are scheduled in their groups for any of these activities will be assisted and encouraged to participate to the best of their abilities:

- POOL:** The swimming pool is accessible for campers of all abilities. Water safety is our primary focus. Flotation devices are encouraged for non-swimmers and are available. All pool activities are supervised by certified lifeguards. Lifeguards will conduct a swim test to assess campers swimming abilities and determine whether campers are able to swim in the deep end of the pool. Swimmers who pass the swim test will wear a wrist band to indicate that they are allowed to be in the deep end.
- ARTS AND CRAFTS:** From painting to weaving to tie-dying, the arts & crafts program at Mt. Cross has an activity to satisfy the artist in every camper. Campers gather for craft time in the Outdoor Arts & Crafts Area, or gather in the Dining Hall for large-group art activities.
- SPORTS:** Sports games include basketball, horseshoes, volleyball, and others. We have a large sports field and baseball diamond for baseball, kickball, and other fun field games.
- CLIMBING TOWER & CHALLENGE COURSE/ROPES:** These courses are built in the redwood trees around camp. The elements of the course provide challenging situations for students of all abilities. A positive and safe way to build self-confidence, awareness, and accomplishment, these experiences are led by staff members who are trained in challenge course facilitation and safety. The Climbing Tower is 35 feet tall at the platform, and if arranged, successful climbers may take a ride on the Giant Swing once they reach the top. (Minimum age for activities requiring a harness is 10 years.)
- ARCHERY:** The archery range is scaled for individuals of all abilities and has a variety of shooting positions and target areas. Campers are supervised by qualified staff while on the range. Safety is always a top priority while campers are developing and mastering their skills.
- SLIP AND SLIDE:** The slip-and-slide is a long sheet of thin plastic, flanked lengthwise on one side by a heat-sealed tubular fold. Water runs through the tube and out small perforations, spraying onto the sliding surface. This slippery surface enables users to jump onto the plastic and slide the length of the sheet, down a lightly sloping hill.
- BALANZ BIKES:** Balanz bikes, with a low center of gravity, are three-wheeled vehicles steered by shifting body weight. These bikes are fast yet very maneuverable to ride, providing both fun and great exercise.
- DISC GOLF:** Also known as Frisbee golf, disc golf is a flying disc game, as well as a precision and accuracy sport, in which individual players throw a disc at a course of targets.