



ADAPTIVE OUTDOOR EDUCATION CENTER

WHO IS THIS PROGRAM FOR?

Children who are on the autism spectrum and/or people with varying developmental abilities looking for a fun week of outdoor summer adventure!

PROGRAM DETAILS

The Horizons Summer Camp will be based at our AOEC Brunswick location along with exploration and partnerships with other local organizations. Each camper will be provided a 1:1 volunteer support person whose primary role is to help campers successfully participate in each days adventure.

SCHEDULE EXAMPLE

DAY 1: An afternoon at the Adaptive Outdoor Education Center, Brunswick

- 12:30 - 1: WELCOME - Starting routine (this includes check-in, noticing walk, visual schedule for the day and review social stories of activities) and camp expectations.
- 1 - 1:45: ENCHANTED WALK - Sensory scavenger hunt through our Enchanted Forest along with a story walk.
- 1:45 - 2: BREAK / TRANSITION
- 2 - 2:45: GARDENING - Explore the garden, learn about plant growth, and do a take home plant activity.
- 2:45 - 3: BREAK / TRANSITION
- 3 - 4: ANIMALS IN THE POND - Hands on learning experience about animals in/surrounding the AOEC pond presented by AOEC Mascoma Bank Nature Series partner.
- 4-4:30 : BREAK / WRAP UP - Daily closing routine and wait for pick up.

DAY 2: Rock Climbing at EVO Rock + Fitness in Portland, ME

- 12:30 - 1: WELCOME - Starting routine.
- 1 - 4: CLIMBING - Campers will be transported to and from EVO Rock + Fitness with the AOEC van/bus. At EVO, campers will learn the basics of climbing including safety, basic knots, climbing and belaying, and will have the opportunity to challenge themselves in a supportive environment.
- 4 - 4:30: WRAP UP - Closing routine.

DAY 3: An afternoon at the Adaptive Outdoor Education Center, Brunswick

- 12:30 - 1: WELCOME - Starting routine.
- 1 - 1:45: PARACHUTE GAMES - Outdoor fun with parachute and noodle bits.
- 1:45 - 2: BREAK / TRANSITION
- 2 - 2:45: MUSIC - A fun and interactive music session with an AOEC music partner.
- 2:45 - 3: BREAK / TRANSITION
- 3 - 4: NATURE EDUCATION - Hands on learning experience with AOEC Mascoma Bank Nature Series Partner.
- 4-4:30 : BREAK / WRAP UP - Closing routine.

DAY 4: Maine Wildlife Park in Gray, ME

- 12:30 - 1: WELCOME - Starting routine.
- 1 - 4: PARK - campers will be transported to and from the Maine Wildlife Park. At the Maine Wildlife Park, campers will learn about and see over 30 species of Maine wildlife that live at the park because they cannot return to their natural habitats.
- 4 - 4:30: WRAP UP- daily closing routine and wait for caregiver pick-up

DAY 5: Waterskiing at Camp Tracy in Oakland, ME

- 10am - 2pm: Waterskiing, free swim, paddling and more! Enjoy a family fun day on McGrath Pond in Oakland!

CAMP SUPPORTS

We recognize the importance of preparation, routine, and sensory considerations for the Horizons Summer Camp. All of our volunteers for Camp will receive training around autism/varying developmental abilities and best practices when working with this population. We will also provide families with social stories for camp activities ([sailing social story example](#)) to best prepare campers for new experiences.

As part of our morning routine we will have a visual schedule for the day and review activity social stories. We will also have an end of day routine including our camp goal of 'Making the world more beautiful.' We will encourage campers to reflect on their day and how they contributed to this goal.

To best support our campers we will also ask caregivers to inform us of any specific sensory, movement, or communication needs and any coping mechanisms and strategies used by the families so we can best support their participation in camp.

**The Horizons Summer Camp idea came about after talking with parents about limited summer camp resources for their child with varying needs and supports. We hope that this Camp can help be a solution to that need! Please know that we are open to input and suggestions from YOU! Please feel free to reach out to us and share your thoughts!*

COST

The summer camp fee is \$150 which will cover cost of all camp activities.

Please email Kayla at infoAEOC@gmail.com if you are interested or have any additional comments / questions.