

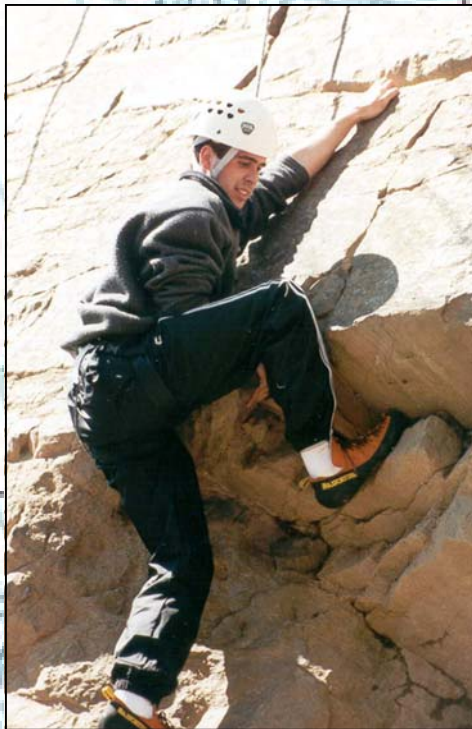
# Outdoor Adventure Spring 2010



Program Orientation: Monday, January 25th, 9:00pm - 10pm in the Schaefer Center conference room.

Ice Climbing: Sunday, February 7th, Catskill, N.Y. Experience one of the most exciting new extreme sports! Students will climb on a 60 - 70 ft. slab of ice while under the safety of a top rope anchor system. Students are taught proper techniques in ice ax placement and climbing with crampons.

Snow Boarding/Skiing: Sunday, February 21st, Hidden Valley, N.J. Snow boarding has become a main stream winter sport. This is an opportunity to learn all the basics. All levels of skiers and snow boarders are welcome. Additional fee TBA.



Rock Climbing: Sunday, April 18th, Allamuchy New Jersey. Learn proper climbing techniques, which will allow you to ascend 60-80 ft. cliffs. Basic information about rock climbing equipment will be covered.

Whitewater Rafting: Sunday, April 25th, Delaware River, N.Y. Spend the day rafting down the Delaware River. Enjoy beautiful scenery as well as a few adrenaline rushes! However, you can relax the trip will be led by experienced guides that make sure you have an enjoyable and safe trip. Class 2 and 3 rapids will be encountered on this trip.



Hiking: Sunday, April 11<sup>th</sup>, West Milford New Jersey. Hike near Greenwood Lake for about 7 mi.

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