



Photo Courtesy: Joe Pagac



Outdoor Adventure Camp



Feeling stuck? In need of adventure?

Want to hike, bike and train with local guides, professional athletes and coaches, while playing in the Sonoran desert and making new friends?

Join us at our ongoing monthly Outdoor Adventure Camp for ages 11-15. The camp takes place at local parks and trailheads, the Loop and adjacent natural areas. We have a 2-day camp in the Catalina Foothills area, and a 3-day camp in the Oro Valley area, afternoons from 3:30-6:30pm, starting on the 1st of October 2020.

Come have a blast with us!

www.swguidedadventures.com
info@swguidedadventures.com

520-296-9661

Camp activities and education: hiking, biking, field science, flora and fauna, games for coordination and mindfulness, orientation, and wilderness medicine.

What will you benefit from?

- **Bike handling skills and general bike repair**
- **Outdoor survival and safety skills**
- **Connection to local ecology and culture**
- **Improved fitness skills and health & wellness**
- **Self-confidence and making new friendships**
- **And of course, FUN!**

Education and Certifications of Guides and Coaches: Wilderness First Responders, First Aid and CPR, Nursing, Occupational Therapy, Army/Navy Veterans, Professional Athletes.

Monthly Camp Cost:

2-day camp (Catalina Foothills) - \$320/month

3-day camp (Oro Valley) - \$480/month

Find out more at: www.swguidedadventures.com



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