



Northfield Mountain

RECREATION & ENVIRONMENTAL CENTER

99 Millers Falls Road • Northfield, MA 01360 • (800) 859-2960 • (413) 659-3714

SCHOOL PROGRAMS 2007 WINTER

Northfield Mountain Recreation and Environmental Center is offering a variety of activities for schools and organized groups in the upcoming season. Our goal is to provide learning opportunities that are both educational and fun, using the outdoors as a classroom.

Winter programs will be offered from Wednesday, January 3, through Friday, March 2, 2007. Our fee waiver policy sets aside limited funds for individual students. Contact the Center for more information.

Northfield Mountain is a pumped storage hydroelectric generating station adjacent to the banks of the Connecticut River. We have an extensive array of educational and recreational facilities in accordance with our federal license. In addition to school offerings, Northfield Mountain offers public programs year round.

To receive a copy of the public newsletter please call the Center at: (800) 859-2960.

REGISTRATION POLICIES

All programs require advance booking. Beginning at 9:00 am, Thursday, November 16 we will be taking reservations for winter school programs. Call: (413) 659-3714 or (413) 659-3715, from 9 am to 5 pm, Wednesday through Friday.

If there is a significant change in the number of students in your group, it is important to notify the Center as soon as possible to avoid a surcharge. ***Please note that a cancellation of less than two weeks will result in the school being billed for the program.***



Northfield Mountain offers unique opportunities for hands-on environmental education and recreation. Our experienced educators allow visitors the opportunity to explore subjects and habitats through focused, inquiry-based programs, taking advantage of the changing seasons.

WINTER WORLD

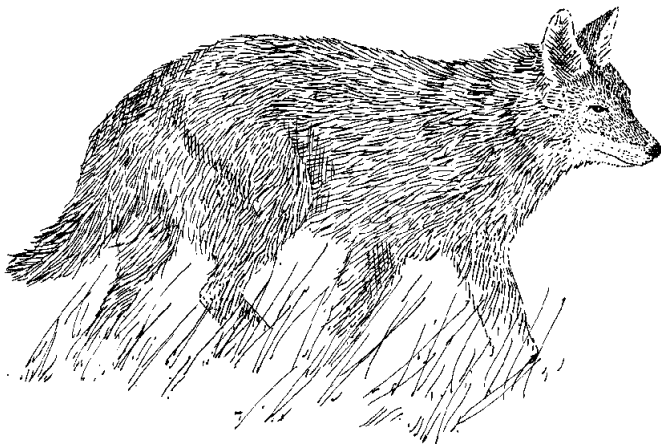
Games, puppets and a variety of activities are used to explore the world of winter. Using their senses, students will develop an awareness of winter and the challenges that this season poses to animal survival. A special focus of this program is on shelter and the challenge of staying warm. This program takes place both indoors and outdoors. Pre- and post-visit materials are provided.

Pre-school to Grade 1

Time Allowance: 1-1½ hours (depending on grade)

Group Size: 22 (groups up to 33 available on limited days) (10/1 student/adult ratio)

Fee: \$5/student; minimum \$50/group



PINE CONES AND PIZZA

Finding food in winter is a challenging task, and it is often the key to survival. Games such as “Eat and Run,” “Pizza Bingo” and “Hurry Up and Hunt” introduce students to the difficulty of finding food during the cold season. This program takes place both indoors and outdoors and is a great follow-up to “Winter World.” The pre- and post-visit curriculum for “Winter World” serves this program as well.

Grades 2 and 3

Time Allowance: 1½ hours

Group Size: 24 (groups up to 36 available on limited days) (10/1 student/adult ratio)

Fee: \$5/student; minimum \$50/group

TWIGS AND TRACKS

The forests and fields at Northfield are alive with animal activity in winter. This program focuses on the adaptations that enable plants and animals to meet the challenge of winter survival. As twig and track detectives, students will search for signs of wildlife on snowshoes (snow permitting). This program includes an indoor and outdoor session with a variety of hands-on activities. Snowshoes and pre- and post-visit materials are provided.

Grades 3 and above

Time Allowance: 2 hours

Group Size: 25 (groups up to 36 available on limited days) (10/1 student/adult ratio)

Fee: \$6/student; minimum \$60/group

THE HUNTER AND THE HUNTED

This program focuses on predator-prey adaptations. What makes a predator a successful hunter and a prey able to avoid capture? Through games, role playing and outdoor exploration we will study the ecological relationship between predator and prey. Using detective skills, we will learn how to interpret skulls and read the signs these creatures leave behind. This program takes place both indoors and outdoors. Weather permitting, snowshoes will be used. The pre- and post-visit material for “Twigs and Tracks” serve this program as well.

Grades 4 and above

Time Allowance: 2 hours

Group Size: 25 (groups up to 36 available on limited days) (10/1 student/adult ratio)

Fee: \$6/student; minimum \$60/group



WINTER RECREATION PROGRAMS

(Reservations taken
starting Nov. 16, 2006)

CROSS COUNTRY SKI SCHOOL

The Cross Country Ski Center will be open for skiing and snowshoeing Wednesday through Sunday. Ski School lessons offer students the opportunity to learn from professional ski instructors. Lessons are available Wednesday through Friday. Trail skiing is another option which can be scheduled after a ski lesson or on its own. Trail skiing is offered Wednesday through Friday.

Grade 3 and above

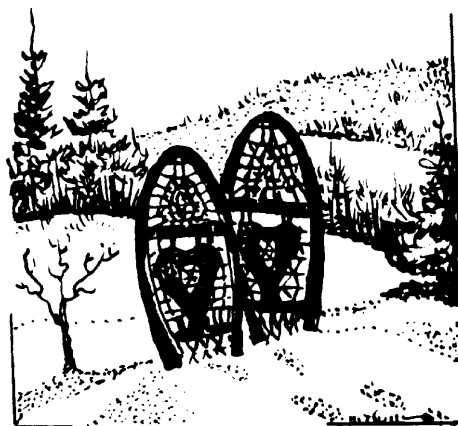
Time Allowance: Lesson - 2 hours, Trail Ski - up to 3 hours (includes equipment fitting and return)

Group Size: 40, depending on the availability of equipment (10/1 student/adult ratio)



SNOWSHOEING

Self-guided snowshoe hikes are available for school groups. With minimal practice, students will be able to venture on the trails and experience winter from a different perspective. We have many sets of easy-to-use aluminum snowshoes which are available on a limited basis.



ACTIVITY PERIOD

Morning Lesson	9:00 a.m. - 12:00 p.m.
Morning Trail Ski	9:00 a.m. - 12:00 p.m.
Afternoon Lesson	1:00 p.m. - 3:00 p.m.
Afternoon Trail Ski	1:00 p.m. - 4:00 p.m.

FEES

Lesson (own equipment)	\$6.00
Lesson (rental equipment)	\$8.00
Trail Ski (own equipment)	\$3.00
Trail Ski (rental equipment)	\$5.00
Lesson & Trail Ski (own equipment)	\$9.00
Lesson & Trail Ski (rental equipment)	\$11.00
Snowshoeing (own equipment)	n/c
Snowshoeing (rental equipment)	\$5.00

Northfield Mountain Recreation
and Environmental Center
99 Millers Falls Road (Route 63)
Northfield, MA 01360

Bulk Rate
U.S. Postage Paid
Northfield, MA 01360
Permit #9

ADDRESS SERVICE REQUESTED

THE RIVER THAT CONNECTS US: A GRADUATE COURSE FOR EDUCATORS

Tuesdays: Jan. 30; Feb. 6, 13, 27; March 13, 27; April 3, 10 from 4 to 6:30 p.m.

Saturdays: Feb. 10; March 10, 31 from 9 a.m. to 2:30 p.m.

Fee \$745 (includes 3 UMass Graduate credits and 67.5 PDPs) or \$405 (includes 67.5 PDPs)

Pre-registration required; Contact Kim Noyes at (413) 659-4462

The UMass School of Education and the Valley Environmental Education Collaborative have teamed up to offer this course investigating the environment of the Connecticut River watershed in Massachusetts. For practicing and pre-service teachers of grades K-6, this hands-on, placed-base course integrates history and science across the curriculum to: build connections with the area's geology and ecology; explore local history and its impact on the river; investigate human impacts on local surface and ground water; and create a teacher-developed unit for your classroom. This highly successful course is in its fourth year and is taught through activities, field trips, lectures, discussion, guest speakers and laboratory work. Classes will meet at the Hitchcock Center for the Environment in Amherst and primary instructors include: Kim Noyes from Northfield Mountain Recreation and Environmental Center, Ted Watt from the Hitchcock Center for the Environment, and Gini Traub from the Massachusetts Department of Conservation and Recreation.

