

2025 Adaptive Family Camp at A/U's 100 Elk Outdoor Center

Activity Descriptions

Activity	Description	What to wear	Activity location
 Archery	Have fun with some good ol' fashioned target practice.	Warm layers, water-proof outer layer	Hubbell Field
 Arts and crafts	Tune into your creative side and have fun with a variety of arts and crafts projects.	Comfortable clothes	Valerie Lodge
 Bible Lesson study	Join adapted Bible Lesson study and discussions every morning.	Comfortable clothes	Valerie Lodge
 Baking	There's nothing like warm, home-made baked goods—this activity is sprinkled with love and a dash of sugar.	Comfortable clothes	TBD
 Canoeing	Enjoy the views from canoes on Round-Up Lake.	Warm layers, water-proof outer layer	Round-Up Lake
 Ceramics	Led by a local artist, choose a project to paint. All projects will be set in a kiln and brought back to camp for participants to take home.	Comfortable clothes that may get paint on them	Valerie Lodge
 Cooking	Join Chef Matthew in a culinary experience. Food made will be incorporated into the meals for the whole group.	Comfortable clothes	Valerie Kitchen
 Evening programs	Theme-based nights like "Movie night" and "Karaoke night"!	Comfortable clothes	Valerie Lodge
 Goat Farm	Explore the local goat farm. Participants tour the outside dairy farm and then come inside to see where they milk the goats and make the cheese. The country store will be open if you would like to purchase a wide-variety of products.	Warm layers, water-proof outer layer	Jumpin' Good Goat Dairy
 High ropes course	Come play in a high ropes challenge course – led by certified instructors.	Comfortable clothes	South Woods
 Horseback riding	Interact with the horses in a therapeutic riding experience.	Jeans, comfortable layers, water-proof outer layer	Corral

 Hot springs	Very popular in this mountain region—relax in the outdoor hot springs pool.	Bathing suit, towel, and warm layers	Mt. Princeton Hot Springs
 Leadville—Historic mining town	Located at the foot of two of Colorado's highest peaks—Mt. Elbert and Mt. Massive—Leadville is one of America's last remaining authentic mining towns. Self-described as quaint and absolutely original, Leadville has been designated as a National Historic Landmark District.	Warm layers, water-proof outer layer	Leadville, CO
 Lodge and lawn games	A variety of puzzles and games are offered inside and outside the lodge.	Comfortable clothes – warm layers if playing outside	Valerie Lodge and Lawn
 Music and movement	Get ready to move your body while listening to upbeat music.	Comfortable clothes	Valerie Lodge
 Parent/caretaker gatherings	An opportunity for parents and caretakers to commune and relax while their loved ones engage in a different activity supported by other chaperones and staff.	Comfortable clothes	Valerie Lodge
 Photo booth	An opportunity for groups and families to have their pictures taken.	Comfortable clothes	Various Locations
 Pickleball	Ping pong, tennis, wiffle ball, badminton all wrapped up in a fun game called "pickleball." Learn what all the buzz is about with the fastest growing sport in the US.	Comfortable clothes	Buena Vista (in town)
 Practitioner talk	A Christian Science practitioner will provide words of love and inspiration.	Comfortable clothes	Valerie Lodge
 River walk	Buena Vista is located right on the Arkansas River. Walk along the river and learn about its history.	Warm layers, hiking boots or a good pair of gym shoes, water-proof outer layer	South Main St.
 Shopping in Buena Vista (BV)	Main Street is full of charm and local shops and eateries. Get a warm drink or souvenir to remember your time in beautiful BV.	Comfortable clothes, warm layers, water-proof outer layer	Main Street
 Small group hike/nature walks	Enjoy the beautiful surroundings of the A/U Ranches.	Warm layers, hiking boots or a good pair of gym shoes –	Various locations around the ranches

		waterproof is best	
 Square/line dancing	Grab your partner and do-si-do in this whole-group activity.	Comfortable clothes	Valerie Lodge
 Theater games	What better way to laugh and have fun than with theater games! This activity always brings lots of smiles. :)	Comfortable clothes	Valerie Lodge
 Yoga	Stretch, move, and breathe. Ahhh... :)	Comfortable clothes	TBD