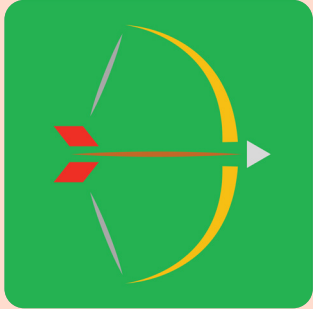


Senior Programs On Demand

Archery II - Compound Bows



You have tried shooting recurves and now you wonder what it's like to shoot a compound bow. Come learn first-hand the difference between compound and recurve bows as you learn how to shoot our Genesis Compound Bows.

Location: Camp Sacajawea / Camp Amity / Program Activity Center - Farmingdale

Cost: \$15

Facilitator: Jen Holmes

Recognition: Patch

Axe Throwing



Our brand-new Axe Throwing Range is now open! Girls will learn range rules, safety, throwing techniques and then put it all together and practice Axe throwing. Recognition Fun Patch

Location: Camp Sacajawea

Cost: \$15

Facilitator: Jen Holmes

Recognition: Patch

Senior Programs On Demand

Business Etiquette



Many young adults enter into the workforce without learning the basic business manners that will allow them to showcase just what they are capable of. This program will have girls soaring above their peers through learning how to communicate with style and confidence, excel during an interview, explore the art of negotiating, explore how to act on the job, and network with confidence. When girls have earned this badge, they will know the kind of savvy they will need to be successful in the business world. Schedule this Program on Demand in your local town! Must have 12 girls to reserve this program.

Cost: \$17

Facilitator: Devin Carrick

C/S/A (Becoming Me)



Cadettes, Seniors, and Ambassadors are invited to participate in this Program on Demand opportunity. This program, inspired by former First Lady of the United States Michelle Obama's book *Becoming: Adapted for Young Readers*, will be brought directly to your town. As a participant in this unique experience, girls will explore the truth of their own story and the power of their voice while hanging out with friends! Girls will receive the exclusive patch and have an opportunity to receive a copy of the book. Must be 12 girls registered to reserve this program.

Cost: \$20

Facilitator: Devin Carrick

Senior Programs On Demand

Campfire Cooking



Nothing tastes better than a meal you've prepared and cooked over an open fire with friends! Review how to build and maintain a proper cooking fire before working together to make individual foil packet meals and a tasty dessert treat.

Location: Camp Sacajawea / Camp Amity

Cost: \$20

Facilitator: Stephanie Smida

Campfire Cuisine



Who says you can't have a culinary experience in a campsite? Work together to create a full meal over and around the campfire from start to finish. An appetizer, entrée, and dessert will be made using various campfire cooking techniques to make a full meal to share, family-style.

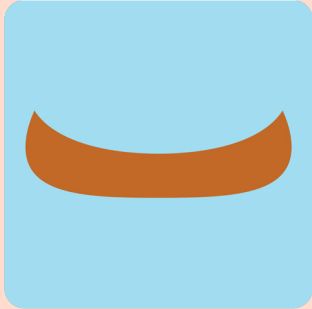
Location: Camp Sacajawea / Camp Amity

Cost: \$20

Facilitator: Stephanie Smida

Senior Programs On Demand

Canoe I



Head out onto the lake and learn how to paddle, the parts of a canoe, and how to work as a team. (2 hours- not available November-April)

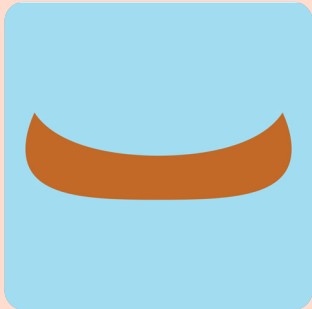
Location: Camp Sacajawea / Camp Amity

Cost: \$14

Facilitator: Stephanie Smida

Recognition: Patch

Canoe II



Continue your canoeing skills as you learn to do rescues and how to switch seats while on the lake. Girls go into the lake in this program. (2 hours- not available November- April)

Location: Camp Sacajawea / Camp Amity

Cost: \$14

Facilitator: Stephanie Smida

Recognition: Patch

Senior Programs On Demand

Challenge Course I



Head out to our low-ropes course to work with your team and complete different tasks. Every time you come is a different experience.

Location: Camp Sacajawea / Camp Amity

Cost: \$13

Facilitator: Jen Holmes

Recognition: Patch

Challenge Course II w/ Zip



After completing Challenge Course I, come back and do some level two low ropes elements before heading out to our zipline.

Location: Camp Sacajawea / Camp Amity

Cost: \$16

Facilitator: Jen Holmes

Recognition: Patch

Senior Programs On Demand

Challenge Course III With Mid High



Clip yourself in as you navigate 6 different challenges that include elements like a monkey bridge, tightrope and wood swings, while 6 feet off the ground!

Location: Camp Sacajawea / Camp Amity

Cost: \$16

Facilitator: Jen Holmes

Recognition: Patch

Climbing Wall for Seniors



Can you scale the wall and ring the bell? Confront physical and mental challenges using your strength, endurance, power and flexibility.

Location: Camp Sacajawea / Camp Amity

Cost: \$16

Facilitator: Jen Holmes

Senior Programs On Demand

Compass and Map Reading 101



In today's world we use technology to find our way, but what happens when technology fails? In this program learn how to read a map and use a compass so you can always find your way. Prerequisite for Oregon Trail

Location: Camp Sacajawea / Camp Amity

Cost: \$14

Facilitator: Jen Holmes

Recognition: Patch

Compost Lab



Come to Camp Sacajawea and visit our new Compost Lab! We will be learning all about what compost is, how to create our own, where to use it, and tips and tricks for you to try your own at home!

Location: Camp Sacajawea

Cost: \$10

Facilitator: Steph Smida

Senior Programs On Demand

College Knowledge



Your Girl Scout may be feeling both excited about and overwhelmed by the college admissions process. The College Knowledge badge tackles applying to college one step at a time, so your girl can start her next chapter with confidence. Divided into five easy steps, this badge walks girls through their options, the admissions process, financial planning, and study and health habits so they can succeed after they get in! Schedule this Program on Demand in your local town! Must have 12 girls to reserve this program.

Cost: \$20

Facilitator: Devin Carrick

CPR/First Aid (S/A)



Seniors and Ambassador Girl Scouts are invited to receive American Red Cross First Aid and CPR Training. Girls will need to complete an online portion of the training before attending the in-person training. Instructions will be sent upon registration. Through this training girls will gain the knowledge, confidence, and understanding of the steps for performing First Aid and CPR correctly on teens, adults, children, and babies, and deliver care in a wide range of scenarios. Girls will receive the First Aid badge and will become certified by the American Red Cross.

Cost: \$25

Facilitator: Devin Carrick

Senior Programs On Demand

Discover Girl Scouting Trunk



Troops of all levels can reserve this trunk created from the GSJS Archive Room, filled with historical materials such as song books and handbooks, uniforms, a trivia game, and a guide for all the inventory. Not only can girls look through the history of Girl Scouting, but they can also touch, feel, and try on many of these materials! Troops can reserve the trunk for up to three weeks. A special archive room patch is included!

Cost: \$4

Facilitator: Devin Carrick

Firebuilding



Have you ever wanted to build your own campfire? After learning important fire safety, you'll collect the correct types of wood for the very best campfire. Make a mini-fire with a partner and craft your own custom campfire snack. Prerequisite for Oregon Trail.

Location: Camp Sacajawea / Camp Amity

Cost: \$15

Facilitator: Jen Holmes

Recognition: Patch

Senior Programs On Demand

Flying Squirrel



Experience a rush of adrenaline as you fly through the sky, securely held in by our rope and harness system. The whole team works together for a thrill of a lifetime!

Location: Camp Sacajawea / Camp Amity

Cost: \$16

Facilitator: Jen Holmes

Recognition: Patch

Glass Blowing (S/A)



Senior and Ambassador Girl Scouts are invited to join Girl Scouts of the Jersey Shore at Hot Sand in Asbury Park for a unique Glassblowing Experience. Girls will interact hands-on with this ancient art form while earning their Glassblowing patch. Girls have the option to pick between 3 unique objects with a choice of Hot Sand Color Mix. Girls will take a brief tour through the Hot Sand Gallery, which has exciting, unique gifts with featured work made by in-house glassblowers, as well as emerging glass artists located in and out of state. Girls will meet with and hear from a female professional. *Items will need to be picked up from council a week later* **Chaperone required per Juliette or Troop***

Location: Hot Sands, Asbury Park (550 Cookman Ave, Asbury Park, NJ 07712)

Cost: \$60

Facilitator: Devin Carrick

Senior Programs On Demand

Gold Award Workshop



The Gold Award is the highest award a Girl Scout can earn and one of the most prestigious awards in the world. This workshop is mandatory for Senior and Ambassador Girl Scouts looking to earn the Gold Award. Adults and advisors who wish to support their Gold Award candidate are highly encouraged to attend, but don't have to register. This workshop will provide guidance on the Gold Award process, GSUSA criteria of the award, and the GoGold platform.

Cost: \$5

Facilitator: Devin Carrick

Hand-Poured Sand Candles



Come to camp to learn and create a hand-poured sand candle of your own design to take home and enjoy. Be sure to dress for the weather and get ready to use the sand that is organically found in camp and learn a new skill that can be practiced at home on your own!

Location: Camp Sacajawea / Camp Amity

Cost: \$20

Facilitator: Steph Smida

Senior Programs On Demand

Gold Award Workshop



The Gold Award is the highest award a Girl Scout can earn and one of the most prestigious awards in the world. This workshop is mandatory for Senior and Ambassador Girl Scouts looking to earn the Gold Award. Adults and advisors who wish to support their Gold Award candidate are highly encouraged to attend, but don't have to register. This workshop will provide guidance on the Gold Award process, GSUSA criteria of the award, and the GoGold platform.

Cost: \$5

Facilitator: Devin Carrick

Knife Skills and Whittling 101



Learn proper handling of a knife and practice this important life-skill through simple whittling techniques. Discover different ways to create both art and practical pieces using the knowledge gained in this program.

Cost: \$15

Facilitator: Jen Holmes

Recognition: Patch

Senior Programs On Demand

Knot Tying & Lashing - CSA



Learn how to tie knots and what they are commonly used for. We will review how to tie a square knot, clove hitch, and half hitch. You will learn new knots like Sheet Bend, Timber Hitch, and Figure 8 knot. Then learn how lashing is used to build different things and practice square lashings, tripod lashing, diagonal lashing. Girls will put their new skills to the test and build something to take home. Each girl will receive a practice rope to take home with them. Recognition: Patch
Prerequisite for Oregon Trail

Cost: \$14

Facilitator: Jen Holmes

Recognition: Patch

Mental Health in the Outdoors



Stress and being tethered to technology can have an adverse effect on our minds and bodies. There is no better place to unwind and reconnect with our natural selves than the outdoors! Join us for a day of learning and practicing mindful meditation, healthy stretching, connecting our senses to the environment around us, and discovering how to confidently calm our minds using what nature provides us organically. Participants should wear comfortable clothing they can stretch freely in, bring a personal mat or towel, and a refillable water bottle.

Location: Camp Sacajawea / Camp Amity

Cost: \$20

Facilitator: Stephanie Smida

Recognition: Patch

Senior Programs On Demand

Science of Style



There are so many products advertised directly to women, how can you tell which is real and which is harmful? Seniors and Ambassadors are invited to explore these topics through the “Science of Style” badge to create and imagine their own products. Through this program girls will test skin care and makeup, examine the science behind fabrics and accessories, explore the science behind hair products and perfume, investigate the sociology of style, and formulate their future style. When they have earned this badge, they will understand the science behind makeup, perfume, fashion fabrics, and skin care products. Schedule this Program on Demand in your local town! Must have 12 girls to reserve this program.

Cost: \$17

Facilitator: Devin Carrick

Senior/Ambassador (GIRLtopia)



Reach out to council to book a Journey in a Day, “Program on Demand.” Bring the program to your town! Council will run the GIRLtopia Journey in a Day in your local area. Must be at least 20 girls to book this program. This program is for Senior and Ambassador Girl Scouts*Prerequisite for Gold Award*

Cost: \$35

Facilitator: Devin Carrick

Recognition: Patch

Senior Programs On Demand

Think Like An Engineer Journey



Girls are invited to explore the fun world of STEAM with this engineer journey. Through this program, girls will learn more about opportunities available to them through STEAM by becoming an engineer. Do your girls like to solve problems? Work hands on to build things? Girls will learn from experts and practice being an engineer for the day with this program on demand! *pre-requisite for Gold Award*

Cost: \$45

Facilitator: Devin Carrick

Think Outside the Box Teambuilding



This teambuilding program is designed for older girls who are looking for a challenge. Girls will have to put their imaginations, creative thinking and communication skills to the test as they work together to complete different teambuilding challenges. They will learn how to work with each other and brainstorm different ideas developing a working relationship all while having fun. Fun Patch included.

Cost: \$15

Facilitator: Jen Holmes

Recognition: Patch

Senior Programs On Demand

Women's Health



Do you know what it means to be healthy on the inside and out? Are girls aware of the different ways the outside world affects how we see ourselves and our health? Through this interactive program, Senior Girl Scouts will learn all about women's health through investigating the tests that help women stay healthy, finding out how fads and beauty practices impact health, focus on techniques to help them stay emotionally healthy, exploring a closer look at a women's health topic, and pay it forward by sharing information on a women's health topic of their choice. Girls will feel more prepared for the things they need to do to keep themselves healthy as they are growing. Schedule this Program on Demand in your local town! Must have 12 girls to reserve this program.

Cost: \$17

Facilitator: Devin Carrick