



OZARK NATURAL SCIENCE CENTER

Enhancing the understanding, appreciation and stewardship of the Ozark natural environment.

ONSC Adult & Family Programs – 2012

The Ozark Natural Science Center is best known for hosting around 4,000 children annually for overnight, science-based field trips on our scenic campus in the Bear Hollow Natural Area on nearly 500 acres of Arkansas Natural Heritage Commission land. However, we also offer summer camps (www.onsc.us/camps) for children ages 8 – 17, private group facility rentals and corporate team-building, retreats and conferences. Best of all, we invite adults and families to join us throughout the year for special programs. Details and agendas for these programs will be posted at www.onsc.us. Packing lists, arrival times, driving directions and more will be provided following registration. Join us!

Outdoor Skills Institute at ONSC

Adults

Year Round

OSI courses including CPR and Basic Wilderness First Aid (8 hours), Standard Wilderness First Aid (2 days), Advanced Wilderness First Aid (4 days), Wilderness First Responder (8 days) and Swiftwater Rescue (2 days). All courses are taught by our partners with Ozark Safety & Rescue Educators. Courses range from \$120 to \$775 and include all meals, lodging, materials and certifications. Separate registration form required – detailed information is available at www.onsc.us/OSI.

Waterfalls and Wildflowers Weekend

Everyone

Saturday, March 24

What better way to begin spring than to get out and enjoy two of its most beautiful features? Grab your boots and camera, and join ONSC Teacher Naturalists on a tour of local waterfalls including Fishtrap Falls, Upper Bear Hollow Falls and Kettle Falls, vistas such as the Kings River Overlook and the beautiful colors of spring wildflowers. All ages welcome, though we will hike off trail over uneven terrain. \$25/adult, \$40/couple, \$20/child. Begins 9:00 a.m. and includes lunch, dinner and snacks.

Spring & Fall Women's Yoga Retreats

Adult Women

March 30 – April 1 • October 19 – 21

Mark your calendar – we promise you will not want to miss our spring and fall Women's Yoga Retreats! Space is limited and this getaway experience is appropriate for beginners as well as those experienced with yoga. And, if sitting on our porch rockers experiencing the beauty of the Bear Hollow Natural Area is your idea of “yoga” and meditation, we encourage that too. This is *not* a regimented weekend! Join us for both athletic and relaxed yoga instruction, hikes, a massage and facial, optional sunrise yoga, meditation, an optional sweat lodge experience and plenty bonding around the campfire and giggling like you're back at camp (you are!) with girlfriends old and new. Arrive in time for dinner on Friday and leave following Sunday brunch. All meals, beverages, instruction, lodging *and* a massage and facial are included! \$275 per person – around half the cost of similar retreats!

Women's Outdoor Skills Weekend

Adult Women

Friday, May 18 – Sunday, May 20

A special offering of the Outdoor Skills Institute at ONSC is our first Women's Outdoor Skills Weekend. From camp craft (where and how to set up your gear and campsite) to map and compass reading, fire starting, basic first aid, appropriate outdoor clothing and even edible plants, we'll get you confident and enthusiastic about your next outdoor adventure. Appropriate for both seasoned and novice outdoorswomen – an equal mix of fun and instruction. \$250 per person includes meals, lodging and classes.

Fall Family Weekend & Campout

Everyone

Friday, November 2 – Sunday, November 4

Register *early* for this family-friendly weekend featuring birding walks, hikes, crafts, fun around the campfire and the option to sleep in our lodges or the ONSC Tent Village! Make it a staycation and plan for a weekend focused on each other and the wonders of the natural world. Let your kiddos bring a friend or two to join them in the tents or bunkbeds. Activities, accommodations, snacks and meals are included. \$59/adult, \$100/couple, \$25/child.



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ONSC Adult & Family Programs – 2012 Registration Form

This general form is provided for all 2012 adult and family programs. However, additional details on each program including packing lists, detailed agendas and more will be posted at www.onsc.us closer to each event date as details are confirmed. Register now to ensure your spot as space is limited for many programs!

Please print clearly and fill out one registration form per adult unless registering parents/children.
Forms may be faxed (479.789.2728) or returned to ONSC Office Manager Sonja Rodden (sonja@onsc.us)

Adult Participant Names: _____ Dates of Birth: _____

Children & Additional Participant Names/Dates of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Best Phone: _____ Email: _____

- Waterfalls & Wildflowers (Saturday, March 24): ___ x \$25 (adult) • ___ x \$40 (two adults) • ___ x \$20 (child)
- Spring Women's Yoga Retreat (March 30 – April 1): \$275 Fall Women's Yoga Retreat (October 19 – 21): \$275
- OSI at ONSC: Women's Outdoor Skills Weekend (Nov. 16 – 18): \$250
- Fall Family Weekend & Campout (November 2 – 4): ___ x \$59 (adult) • ___ x \$100 (two adults) • ___ x \$25 (child)

Payment (no cash please): Check / Money Order Mastercard Visa Discover

Card Number: _____ CVC: _____

Exp. Date: _____ Amount Charged: \$ _____ Card Holder's Name: _____

Card Holder's Signature: _____ Note: _____

Registration Details: Space is limited and registration is required at least two weeks in advance. Payment must be at least one full week prior to program participation unless arrangements have been made with ONSC staff. Refunds cannot be issued without 48 hours cancellation notice because we will have incurred event expenses on your behalf. Each attendee will be required to fill out additional participant forms including medical information prior to participating in event activities. Registration covers instruction, materials, meals, lodging and a one year ONSC membership. **Forms may be returned by fax (479-789-2728) or scanned/emailed to sonja@onsc.us.**

Attendee Information: ONSC is a nonprofit field science, environmental education and conference facility. We serve more than 4,000 children annually through overnight school excursions as well as summer camps, adult and family programs, corporate retreats and facility rentals. Our lodges are rustic but comfortable. Each semi-private room has two to three bunk beds and a private bathroom. **Attendees must bring their own bedding** – a sleeping bag or sheets/blanket, pillow and towels. A limited supply of linens are available by prior arrangement. Please pack responsibly and limit excess (trash-producing) items to reflect our mission of conservation and stewardship. Meals are served in our Ewing Centre cafeteria, and programs are conducted in and outdoors regardless of weather. Please pack appropriately and consider changing weather conditions by bringing layers, multiple pairs of socks and sturdy, closed-toe shoes. A refillable water bottle and camp chair are also suggested.

Ozark Natural Science Center

A nonprofit field science and environmental education, camp and conference facility in northwest Arkansas.

1905 Madison 1305 • Huntsville, AR 72740 • 479.789.2754 • www.onsc.us

