

Looking for a Nature Trip
designed for your group or family?

Teen Nature Trips (14-17 year olds)

731	Teen Tubing	M	1:15pm-5:30pm
628	Teen & YA Triple Slog	T	1:00pm-6:00pm
804	Teen Night Caving	T	7:00pm-midnight+
806	Teen Rock Climbing	W	11:00am-6:00pm
505	Teen Ecology	W	1:00pm-5:00pm
632	Teen's Where...Going?	Th	1:00pm-5:30pm

Young Adult Nature Trips (18-25 year olds)

703	Night Owl Canoe YA	M	6:45pm-10:30pm
628	Teen & YA Triple Slog	T	1:00pm-6:00pm
733	Young Adult Tubing	W	1:15pm-5:30pm

Women Only Nature Trips

629	Dismal Women	T	1:00pm-6:00pm
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Family Friendly Nature Trips

			(age)
<u>Monday</u>			
501	Morning Bird 1	6:45am-9:45am	12+
509	Nature Photography	7:30am-12:00noon	12+
701	Sit-On-This! 1	8:00am-12:30pm	12+
601	"Not So" Hike 1	8:30am-11:30am	8+
527	There & Back Again	9:00am-12:00noon	8+
625	Cascades Cookout	12:30pm-8:00pm	8+
702	Intro. to Canoeing 1	1:15pm-5:30pm	12+
507	Dixie Caverns	1:30pm-5:30pm	4+
525	Travertine Falls	1:30pm-5:30pm	8+
530	Ecology of SUUSI-Geo.	2:00pm-4:00pm	8+
676	Bald Knob Sunset	7:00pm-10:30pm	12+
<u>Tuesday</u>			
508	Mountain Lake Disc.	8:00am-2:00pm	12+
732	Family Tubing	1:15pm-5:30pm	9+
704	Family Canoe	1:30pm-5:00pm	8+
531	Ecology of SUUSI-Rivers	2:00pm-4:00pm	8+
705	Intro. to Sea Kayaking	9:00am-4:30pm	12+
516	Tree Identification	6:00pm-8:30pm	12+
677	Wind Rock Sunset 1	6:00pm-10:30pm	12+
<u>Wednesday</u>			
604	Bear Cliffs	7:30am-12:30pm	8+
707	Sit-On This! Too	8:00am-12:30pm	12+
519	Wildflower Identification	8:30pm-12:30pm	12+
708	Intro Whitewater Canoe	8:30am-5:30pm	12+
630	Upper Cascades	1:00pm-6:00pm	6+
532	Ecology of SUUSI -Caves	2:00pm-4:00pm	8+
504	Not an Early Bird	4:45pm-8:45pm	12+
<u>Thursday</u>			
710	Sunrise Canoe	5:30am-9:30am	12+
503	Half Day Bird	7:30am-11:30am	12+
506	Fossils of Appalachia	8:00am-12:00noon	12+
526	Pandapas Pond Discovery	8:00am-12:00noon	8+
606	"Not So" Hike 2	8:30am-11:30am	8+
711	Eggleston Excursion	1:15pm-6:00pm	12+
712	Introduction to Canoeing	2:15pm-5:30pm	12+
533	Ecology of SUUSI - Birds	2:00pm-4:00pm	8+
679	Wind Rock Sunset 2	6:00pm-10:30pm	12+
<u>Friday</u>			
502	Morning Bird 2	6:45am-9:45am	12+
608	Audie Murphy's Hike	8:00am-12:00noon	6+
634	Cascades	12:30pm-6:00pm	8+
715	The Last Canoe Trip	1:00pm-5:30pm	12+
735	Family Tubing 2	1:15pm-5:30pm	9+

Twelve-Step Support Group

We start on Registration Sunday (look for time and place in the Registration NUUS) with a get-acquainted meeting for current and potential members of 12-step groups. This is a chance to connect with supportive people at the beginning of SUUSI. Based on participants, the group may continue to meet in total or split into separate specific support groups.

Men's Support Group

The room defines the space, we men bring life and energy to that space. Share with others who have your same birthright, the glory of manhood. Jim Landis facilitated this group last year. He has organized and been a member of a men's group in New York for three years. Group will meet 4:10pm-5:30pm, Monday-Friday - drop in, no registration required. Open to those 18+ and free, of course.

(Limit - 30 people)

Women's Support Group

We meet to give and receive support for facing the problems and challenges that life brings to all of us. Leave SUUSI with more connections and feeling better about yourself and your life's direction. Here you can get the support and encouragement you need to identify your goals and find ways to move toward them. Group will meet 6:45pm-8:45pm, Monday-Friday - drop in, no registration required. Open to those 18+ and free, of course.

(Limit - 12 people)

*Will you create good memories with your family this summer that will last for years rather than moments? Will you go to a place that's exciting *and* supportive, so you're comfortable enough to try something new? Come to SUUSI - it works and it lasts!*