



CLASS PARKS QUEST - THE ADVENTURE PROGRAM

MISSION

The CLASS Parks Quest Program aspires to educate teens in adventure-based recreation through a progressive series of hands-on excursions and activities using city, county, state, and national parks.

OVERVIEW

Quest is part of the City of Los Angeles Department of Recreation and Parks CLASS Parks/Youth Plus Program and provides seasonal and year-round adventures serving at-risk youth in the greater Los Angeles area. The program offers introductory training and sequences of activities that challenge youth in a safe, natural ecosystem while encouraging teens to acquire new practical skills.

The Program is designed to help youth build self-confidence and learn how to “manage fear” by gradually progressing from easy to more difficult adventure activities. Quest activities also strive to build trust, improve communication, stimulate personal growth, encourage camaraderie, increase enthusiasm, and teach awareness of the outdoors. Youth who have previously participated in Ecology Experience (Eco-X) and are ready for the next step in outdoor exploration are eligible candidates for this Program. With diligent progression, new participants can ascend from Quest to Adventure Program Explorers (APEX) to experience a more intense, advanced, and challenging adventure curriculum.

ACTIVITIES

Adventure Orientation Class

The Adventure Orientation Class introduces young adventure-seekers to the exciting challenges that they may be confronted with in an uncontrived, natural ecosystem. Orientation is given in each district two times and includes training on a portable rock wall, a low ropes course and an orientation session that encompasses “Leave No Trace” instruction. “Leave No Trace” is a compulsory activity (required prior to attending any other adventure activity) that encourages youth to avoid or minimize negative human impact to natural resources and helps to ensure a positive recreational experience for all visitors of outback habitats.

Orienteering Hiking Backpacking

To get them in gear, teens are presented with opportunities to explore the outdoors and learn new skills necessary for a safe and fun hiking adventure. They learn how to use a map and compass, and apply these skills on a two-hour hike. In the following class, youth participate in a "competition" and a half-day hike, giving them more time to enjoy the scenery and familiarize themselves with others in the group. Subsequently, participants are taught to appropriately use hiking equipment in an overnight backpacking trip.

Horseback Riding

Participants experience an informal and entertaining, hands-on experience on proper horse care, grooming, and saddling. They receive an understanding of basic riding techniques and enjoy a one-hour ride. A second session entails a half-day riding adventure and includes additional horse maintenance procedures.





QUEST - THE ADVENTURE PROGRAM CONTINUED

- Snorkeling** | With the aid of professionals, participants learn how to float in comfort and safety, kick against a current, clear the mask and snorkel, and effectively dive underwater. These basic techniques and maneuvers are initially taught in a swimming pool, and more advanced training sessions are conducted in a lagoon and at the beach.
- Fishing** | Soaking bait, casting, patience, reflection, and coordination are skills and attributes that can all be learned in the fishing sessions. The advanced session covers supplemental basic fishing techniques, such as equipment terminology, safety procedures, and a lake fishing experience.
- Canoeing
Kayaking** | The canoeing/kayaking session enriches teen's perspectives on nature while challenging their personal boundaries. Boat safety and control, hypothermia awareness, and paddling techniques are a few basic concepts taught by our enthusiasts at Hansen Dam and Marina Del Rey. Follow-up sessions are conducted for the participants to experience and appreciate canoeing/kayaking in lakes, oceans, and rivers.
- Sailing** | Sailing sessions offered at Hansen Dam and/or at Marina Del Rey offer teens the opportunity to discover essential techniques in sailing. Participants can learn about boat vessels, the art of sailing, navigation techniques, and wind propulsion.
- Snowboarding** | Being the country's fastest growing winter sport, the snowboarding session gives teens a chance to learn the secrets of snowboarding with basic instructions in a two-hour training lesson that includes a lower-mountain lift ticket. Teens are also offered the opportunity to learn new maneuvers on a full day snowboarding experience that includes a full-mountain lift ticket.
- Bouldering
Rock Climbing** | This activity allows teens to experience the physical and mental challenge of rock climbing. Designed for the adventurous beginner, the first session is taught at Stoney Point and covers all aspects of rock climbing techniques for bouldering and traversing. The second class consists of authentic rock climbing on belay at Malibu Creek State Park.
- Mountain Biking** | This mountain bike ride is "geared" for riders, beginning or advanced, who want to improve their mountain biking skills. It covers all the riding basics essential for a safe travel down the trail via two wheels. Instructions include riding techniques (successful gearing, brake modulation, ratcheting, etc.), bike repair and maintenance, safety gear, trail etiquette, and emergency procedures.
- Camping** | This camping opportunity exposes teens to basic camping skills and techniques. New camping techniques learned in this session are combined with some of the aforementioned sessions (orienteering, hiking, kayaking, and mountain biking) and applied to new, more challenging skill-comprehensive camping trips.
- Snow Trips** | Participants take a trip to Frasier Park where skills learned in previous trainings are put into action. This trip provides great scenery, endless photo opportunities, and personal challenge to any adventure seeker. Sleds, toboggans, heaters, and hot chocolate are provided.