

## 11th Grade Meet Ups – Wednesday, March 3, 2021

Activity and Time	Session Leaders	Description
<b>Hike the Billy Goat Tail (1:00)</b>	Mr. Stiff and Ms. Feist	<p>If a real change of scene would do you good, come join Mr. Stiff and Ms. Feist in hiking one of the DMV's most magnificent outdoor offerings - the Billy Goat Trail! This is a real deal hike: we'll be scrambling over boulders at times, climbing up "the Traverse", and hiking along 1.7 miles of gorgeous overlooks of the Potomac River. Are we challenging you? Maybe. But if you've never walked along the Potomac, or if beautiful views, fresh air, and a rigorous hike in the glory of nature and the company of your friends are your thing, you won't regret it.</p> <p>Note: this junior meetup requires a bit more of a time commitment, as the trailhead is about a 30 minute drive from WLPCS and the trail takes approximately 2 hours to hike. Plan to meet at 1 pm at the Great Falls Tavern Visitor Center and get picked up at around 3 from the same location.</p>
<b>Outdoor Escape Rooms (1:00)</b>	Ms. Oran and Mr. Clausen	<p>Visiting this beautiful park, you would never know it once stood on the brink of destruction. Retrace the footsteps of the heroes who saved it from Neglect. Come join Ms. Oran and Mr. Clausen on an outdoor adventure as we unearth the mysteries of Tregaron Conservatory. We will meet at the Lower Klinge Valley Entrance Trailhead at 1pm. If you want more info, check out <a href="https://www.branchoutparks.com/">https://www.branchoutparks.com/</a>.</p>
<b>Jungle-Gym Fitness (2:00)</b>	Mr. Martin and Mr. Zinck	<p>Who needs a fancy gym? Come see how to use your local jungle gym to stay in shape. The schedule: 2pm: meet at school. 2:10pm: run 1.4 miles to Carter Barron Soccer Fields (southwest corner of 16th St and Morrow Drive NW). ~2:30: struggle through Mr. Martin's and Mr. Zinck's favorite outdoor exercises. 3pm: run/walk back to school. 3:30pm: get picked up from school. This full-body workout will be intense, so dress to sweat. Wear layers, gloves, and a hat to stay warm.</p>
<b>Paint and Sip (2:00)</b>	Ms. Coleman	<p>Do you like to paint? Have you ever heard of a Paint and Sip? We'll provide the lemonade and supplies, so all you need is a creative and open mind! We'll sit outside under a tent and paint under the expertise of Ms. Coleman!</p>
<b>Bike Ride (12:00)</b>	Mr. Liu and Mr. Edwards-Stuart	<p>Bike Adventures Near School! Come join Mr. Edwards-Stuart and Mr. Liu as they show you how to access some great bike trails that are convenient to the school. We'll show you a trail that starts near Fort Totten, head out a bit to Maryland and then come back for a total ride of about an hour and a half. Helmets and masks absolutely required!!</p>