

 East Bay Regional Park District's
NATURE BY THE BAY

**Crab Cove Visitor Center and Marine Reserve
1252 McKay Avenue
Alameda, CA 94501**

**Phone: (510)521-6887 Fax: (510)521-0376
Email: ccove@ebparks.org**

Program Title	Length	Age Range	Cost	Description
Creatures of the Bay*	1 hour	Pre-k – 1	Free**	Meet residents of the San Francisco Bay; includes Old Wharf Classroom “dive,” turning a child into a giant crab and guided outdoor nature study.
	1.5 hours	2 nd -5 th		
	2 hours	6 th & up		
Food Chains*	1.5 – 2 hours	2 nd and up	Free**	Investigate how plants and animals of the Bay-estuary are connected. Participants build a Bay food chain, “dive” in the Old Wharf Classroom, and explore outdoors with our staff.
Habitats of the Bay-estuary*	1.5 – 2 hours	3 rd and up	Free**	Compare four major habitats of the bay and explore their richness and diversity. Includes a “dive” in the Old Wharf Classroom and guided outdoor exploration.
Birds Around the Bay* (available in fall and early spring)	1.5 – 2 hours	3 rd and up	Free**	Learn how birds are adapted to their watery environments. Compare birds of pond and bay; introduction in the Old Wharf Classroom and a guided study outdoors using our binoculars.

*Naturalist in the Classroom (50 minutes): Available in autumn only -- we can bring our listed thematic programs to your school group.

**These programs are free for groups from Alameda and Contra Costa Counties; groups from outside of these counties must pay a fee of \$40 per naturalist hour.

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Program Title	Length	Age Range	Cost	Description
Wetlands Study	1.5 – 2 hours	2 nd and up	Free**	Learn about salt marsh plants and animals and their importance to the bay’s health. This program includes plant identification, nature games, and guided exploration. Program takes place at either Elsie Roemer Bird Sanctuary in Alameda or MLK, Jr. Regional Shoreline in Oakland.
Nature Walks in the Regional Parks	1.5 – 3 hours	all	Free**	Use the parklands as your classroom! Programs available through Crab Cove at Redwood, Roberts, Lake Chabot, Anthony Chabot, Huckleberry Botanic Preserve, Sibley Volcanic Preserve, Temescal, Arrowhead Marsh at MLK, Jr. Shoreline, and Oyster Bay. See also Ridgeland Program flyer.
Cove Days (available in spring)	9:30 a.m. to 1:00 p.m.	1 st – 3 rd	Free**	A program sampler suitable for multiple classes visiting Crab Cove. Activities include a “dive” in the Old Wharf Classroom, guided exploration of the Marine Reserve, nature games on the lawn, a visit to our new exhibit area, and more!

*Naturalist in the Classroom (50 minutes): Available in fall; we can bring our listed thematic programs to your school group.

**These programs are free for groups from Alameda and Contra Costa Counties; groups from outside of these counties must pay a fee of \$40 per naturalist hour.

Programs are correlated to the state science standards; please ask for a copy of correlation sheets for specific programs.

NOTE: All Marine Reserve programs are modified to accommodate shifting tides. During low tide, guided exploration will take place in the Marine Reserve’s mudflats and rocky shore areas. During high tide, exploration may include the sandy beach, brackish water ponds, and also include nature games on the lawn.

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Program Title	Length	Age Range	Fee	Description
Bay Laboratory (available in spring)	3 hours REQUIRED: 1 hour in-class, naturalist-led program to prepare class for Bay Laboratory.	5 th and up	\$200 for up to 35 students	An in-depth study of Bay-estuary ecology: explore mudflats and eelgrass beds with the help of seine nets, microscopes, and core samplers. Students learn scientific inquiry skills and carry out experiments during low tide.
The Bay in Your Classroom (available in summer and fall only)	1 hour	Pre-K and up	\$40 per program (mileage fee may be extra)	Bring the bay to your school with this special program! Our staff helps foster an understanding of bay creatures and habitats using fantastic slides, our crab costume, and touch tanks. This makes a great pre-trip orientation; discounts available for multiple programs on same site/date.
School Assemblies	50 minutes	K – 5 th	\$250 per program	We can bring the Bay-estuary to your school! Slides, games, costumes and critters keep the presentation engaging and educational. This can be a great addition to your school’s MARE “Ocean Weeks” curriculum.

***APPLICATION DEADLINE: Due by 5 p.m. the first Monday in
AUGUST for autumn programs (mid-September thru January)
DECEMBER for winter/spring programs (February thru mid-June)
MAY for summer programs (mid-June thru mid-September)

***** Contact the Visitor Center for required application.**

The Crab Cove Visitor Center is open Wed. – Sun. from 10 a.m. to 5 p.m. year round. For more information please contact us at (510)521-6887. Be sure to ask about our self-guiding opportunities and training workshops for educators.

RIDGELANDS NATURALIST PROGRAMS

Crab Cove Visitor Center, Central Interpretive Sector
 1252 McKay Avenue
 Alameda, CA 94501

Phone: (510)521-6887 Fax: (510)521-0376

Email: ccove@ebparks.org

Program Title	Length	Age Range	Cost	Description
Discovery Walk <i>(see themes on reverse side)</i>	1 hour 2-3 hours	Pre-k – 1 2 nd & up	Free*	Make one of our ridge parklands your outdoor classroom. Thematic guided hikes available at Redwood and Roberts. Walks also available at Sibley, Huckleberry, and Anthony Chabot Regional Parks.
Tree of Life	3 hours	3 rd and up	Free*	Learn how living things are interrelated by guided exploration, nature games and creating a food web.
Water Ecology** <i>Lake Chabot or Lake Temescal</i>	2 hours	3 rd and up	Free*	Measure turbidity, temperature, and look for microscopic life on this exploration around the lake.
Lake Chabot History Walk**	2 hours	3 rd and up	Free*	Lake Chabot was created in the late 1800s. Learn about the people who lived here before it was a lake & about how the lake was created.
Step Back in Time History Walk	2-3 hours	2 nd & up	Free*	Learn about CA Indians, loggers, hydraulic engineers, Chinese laborers, & others who've shaped our local landscape.
Nature Walks in the Regional Parks	1.5 – 3 hours	all	Free*	Use the parklands as your classroom! Programs available at Redwood, Roberts, Lake Chabot, Anthony Chabot, Huckleberry, or Sibley Volcanic Preserve.
Naturalist in the Classroom (Fall only)	50 minutes	All	Free*	If you can't come to us, one of our naturalists can visit you! We'll tailor the program to fit your needs.

*These programs are free for groups from Alameda and Contra Costa Counties; groups from outside of these counties must pay a fee of \$40 per naturalist hour.

**Lake Chabot boat tour programs aboard the "Chabot Queen" may be available; separate fee applies for boat rental. Call for more information.

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Seasonal Themes	Description	Regional Park
WINTER		
Creek Watch	Hike the trail to discover how winter changes the riparian habitat. Search for clues to animal uses of the area. Discuss creek flow & play nature games.	Redwood
Slug Search	Discover why winter rains bring out banana slugs. Search for them & other crawling critters of the forest floor and learn how they're important to the forest ecosystem.	Roberts
SPRING		
New Growth	Hike the trails in search of signs of spring renewal in the forest.	Redwood or Roberts
SUMMER		
Life Under the Redwoods	Explore the cool of the redwood forest during the hottest time of the year. Learn about the plants and animals of the forest floor.	Redwood or Roberts
AUTUMN		
Fall Colors	How do trees prepare for winter? Find out on this guided walk and learn how to identify trees by comparing their leaves and bark.	Redwood

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***** Contact the Visitor Center for required application.**

Applications received by deadline are given first choice, but space may be available for late applications. Additional program topics available by special arrangement.

For more information please contact us at (510) 521-6887. Be sure to ask about training workshops for educators.

 **East Bay Regional Park District**

www.ebparks.org



Middle Harbor Naturalist Fieldtrips 2008

Programs can be modified for different grade levels based on teacher's requests

Correlations to CA State science standards available upon request.

Bay Discovery!

(Grade K & I)

program length: 1 hour

Discover the wild animals and plants who call the San Francisco Bay Estuary home. Students will engage in hands on activities, guided discovery and exploration along the shoreline while learning how this habitat is connected to their lives.

Mountains to Mud

(Grade 2)

program length: 1.5 hours

Follow the journey of a big rock as it becomes many smaller rocks that travel to the bay. Students will collect and compare sediments from the sandy shore and the muddy bottom then investigate the diversity of life in both habitats. Students will participate in collecting mud using a benthic grab and take a closer look at small invertebrates using microscopes.

M.A.D. about Adaptations!

(Grade 3)

program length: 1.5 hours

Explore Middle Harbor in search of wildlife and get a "bird's-eye view" of the difficulties to surviving on the wild shoreline. Through fun hands-on activities, such as Build a Bird, Bird Bingo and Adapt a Creature, students will understand that if we can't change we can't survive!

Solutions to Pollution

(Grade 4)

program length: 1.5 hours

Learn how water travels down mountains and rivers to the bay. Discover how rain water can become polluted through point and non-point source pollutants. Who's at fault? How can we help? In this program your students will build their own watershed in the sand and identify sources of pollution. They will discover how they can become part of the solution to pollution by lending a hand in a shoreline cleanup to help the animals that live in the bay.

The Wild West

(Grade 5 & Up)

program length: 4 hours

What wild creatures live in the bay? What went on in West Oakland's past that shapes our shared history? In this program your students will engage in hands-on science exploring the living, non-living and cultural components of the San Francisco Bay. Students will collect and test water, observe creatures that live in the mud through microscopes and discover the many cultural resources of this site. This is a full day program (9:30am - 1pm) and will require students to have lunch on site.

Middle Harbor Shoreline Park

2777 Middle Harbor Road

Oakland, CA 94607

510-272-4802

Fax: 510-272-4814

Naturalist: Tara Reinertson

