

ACTIVITY

DESCRIPTIONS

In this booklet, you will find an explanation of most activities offered at camp. There are many unique activities geared to every individual camper. Please read the descriptions and if you have any questions, please call the camp office.



Fine Arts

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Fun & Games

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Recreation

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Specialty

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Sports

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Technology / Science

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ESIC ONLY

JEWELRY & BEAD MAKING

Learn how to make your own necklaces, bracelets, and earrings using beads. Wear your own or make them!

SLIME, SLIME ALL THE TIME

Be prepared to get messy!!! Campers will make Fluffy Slime, Neon Green Ooze, Unicorn Slime, Spider Web Slime, and Rainbow Slime.

TISSUE PAPER CRAFTS

Campers will use tissue paper to create flowers, sun catchers, butterflies, and coasters.

TIE DYING

Campers will learn how to create abstract paintings.

LANYARD

Campers will learn how to make lanyard bracelets and keychains.

DRAWING

Campers will use different techniques to create drawings and produce images on a surface (usually paper). They will use different types of drawing utensils, which include (but are not limited to) ink, chalk, marker, paint, or crayon.

CLAY

Using air-dry clay, campers will create a variety of sculptures, pencil holders, and paperweights!

PAPIER MÂCHÉ

Bowls, lanterns, ornaments, jewelry, and dinosaur eggs are just a few of the options campers can make using paper, fabric, and glue!

BACKYARD GAMES

**** New for 2022****

Kan-Jam, cornhole, ladder toss, and horseshoes are some of the activities you will find in the backyard games.

HIT THE DECK

Safe game of dodgeball. Instead of trying to hit your friends with the ball, you have to try and outsmart them by knocking down their bowling pins.

KEEP IT UP

Each group stays within the activity area and plays a game of "keep it up" by hitting a ball into the air to pass it to each other. Campers work together to prevent the ball from hitting the floor.

PAC-MAN

**** New for 2022****

Campers will "race" around the "game board" as ghosts and Pac-Man Players.

SCAVENGER HUNTS

**** Enhanced for 2022****

Campers will be given a list and then scavenge around and find, smell, or do all of the things on their list.

TEAM BUILDING ACTIVITIES

Team building activities are an easy way to engage campers and support campers who struggle with communication and social skills.

STORY TIME



Campers will be transported into faraway lands during story time. They will have fun with stories, songs, and more that encourage development of early literacy skills in young children.

PEOPLE TO PEOPLE

Campers make a circle and are asked to find a "hi-five buddy". They then hi-five a Buddy and return to their spot in the circle. This is repeated for finding a different buddy (elbow, knee, ankle, etc.) every time. The facilitator calls out "Find your (blank buddy)" one by one. Campers scramble to find their various buddies.

NATURE WALKS

Explore the waterfalls, bridges, and trails in Central Park's North Woods.

RELAY RACES

Campers will compete in races such as, water relays, Egg-and-Spoon Races, Dress-Up Relay, Hula Hoop Pass, Balloon Relay Race, and Crab Walk.

STAR RELAY

Campers line up in small groups in the shape of a star and are given numbers. Once a number is called, campers will race around the star and then grab a ball in the center of the star.

RUNNING BASES

Two kids are selected to be "it," with one at each base. The other kids divide and go to their bases. The game starts with the two kids who were "it" tossing the ball to each other. The object of the game is to time running from one base to the other without being tagged.

STEAL THE BACON

The person who gets the "bacon" first tries to run across their team's goal line without being tagged. The person whose number was called who did not get the "bacon" should try to tag the other player before they get across the goal line. Once someone is tagged or gets across their goal line, the round is over.

TAG GAMES

Campers will enjoy playing many different types of tag such as: Freeze Tag, Turtle Tag, Blob Tag, Link Tag, Bandage Tag, Elbow Tag and Knee Tag.

**** Enhanced for 2022****

FOUR SQUARE

Four Square is a ball game played among four players on a square court divided into quadrants. The objective of four square is to eliminate other players to achieve the highest rank on the court, and this is done by bouncing the ball back and forth between quadrants.

OLD TIME SPUD

Campers will enjoy playing this old time game! Spud is a game for children and adults, where players try to eliminate each other by catching and throwing an inflated ball.

YOGA

Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga also promotes mental and physical well-being.

DANCE

Campers will enjoy learning dances such as: Cha Cha Slide, Cotton Eye Joe, and the Cupid Shuffle.

DRAMATIC PLAY IMAGINATION



A type of play in which children assume various roles and act them out. Dramatic play engages the imagination, builds confidence, and prepares young campers to tackle real-life situations.

IMAGINATION PLAYGROUND



Campers will play with big foam blocks that are basically a portable playground that turn any space into a place for learning, social interactions, and open-ended play.

SING DOWN!

Campers are split into groups and given a key word or phrase (love, New York, dance, etc.) Each group creates a list of as many songs that include the key word or phrase. The groups then take turns singing the songs out loud on their lists.

FIRST AID BASICS

In this hands-on activity, our camp EMTs will show our campers the proper way to put on and take off medical gloves, put on bandaids, make a sling, and wrap ankles and wrists with an ace-bandage.

MARTIAL ARTS

Campers will learn an array of skills such as increased focus and concentration, self-confidence, respect, making friends and improved social

MUSICAL THEATER

Calling all singer, dancers, and actors! Campers will rehearse a mini-production of some class musicals weekly.

EDIBLE ART

How would you describe food art? Food art or culinary art is the art of preparing, cooking, and presenting food in the most creative ways. Campers will create art that is not only fun, but edible!

GAME ROOM

Campers can play checkers, chess, Connect Four, and Uno here. This activity room encourages socialization and friendly competition.

FRIENDSHIP BRACELETS

Learn different types of intricate designs and patterns to make amazing bracelets for yourself and friends!

ROCKETRY

From easy to complex campers will learn to build and paint their own rockets. They will then watch them blast off into the air! 3-2-1 BLAST OFF!!

ULTIMATE FOOTBALL

Ultimate football is a combination of American football and ultimate Frisbee. Ultimate football is a non-contact sport.

TRACK & FIELD

Build running stamina, throw a rock javelin, and jump hurdles up on the Great Hill (or in the gym on rainy days!).

4-SQUARE VOLLEYBALL

**** New for 2022****

In volleyball, the players set, bump, and spike the ball over a net to another team. On the other hand, 4-Square players hit a bouncing rubber ball on the ground and bounce it to one of three other players. When combining the two games, you get 4 square volleyball.

BADMINTON

So what are the basic Badminton rules? You and the opponent hit the birdie back and forth over the net. When the birdie hits the floor the point is over. The winner adds one point to their score. The game is over when the first player gets to 21 with a two-point lead. You can only hit the shuttlecock once to get it over and you can't let it bounce.

SOCCER

Learn the basic of passing, kicking, and defense. Campers will strengthen their skills through scrimmages and games. Join us on the soccer field for this high-energy game!

SWIMMING

Get instruction from Red Cross Swim Instructors. Campers will get tested on their first day of camp. Campers will learn a variety of strokes and learn or improve their diving abilities.

BASKETBALL

Basketball is a game played between two teams of five players each on a rectangular court, usually indoors. Each team tries to score by tossing the ball through the opponent's goal, an elevated horizontal hoop and net called a basket. Campers will learn to play "Knock Out," "Horse," and traditional basketball.

CAPTURE THE FLAG

Capture the Flag is a classic team game played indoors or outdoors. Two teams each have their own color flag placed in their "home base." The objective is to steal the other team's flag and take it to their own base. Players can tag or capture opposing players if they enter enemy territory.

NEWCOMB

Can you catch a volleyball? This game is similar to volleyball but instead of volley you catch the ball and throw it over the net. If the ball is dropped, head to the sidelines until your teammate catches the ball with one hand and you are right back in the game again!

T-BALL

A simplified version of baseball, for younger kids!

VOLLEYBALL

A game played by two teams with six players on each team. Separated by a net, each team tries to score by causing the ball to land on the opposite team's court.

BASEBALL

The game proceeds when the pitcher throws a ball, which the batter then attempts to hit and hopefully make a home run!

BOTTLE ROCKET SCIENCE

launcher powered by a hand bicycle pump or small compressor fills a plastic pop bottle rocket with compressed air. When the bottle is released from the launcher, air escapes the bottle.

LEGO CHALLENGE

LEGO Challenge is a fun way to sneak some STEM learning (science, technology, engineering and math) into the day. With cards that range from easy to difficult, little engineers will love tackling the designs.

ELEPHANT TOOTHPASTE

Elephant's toothpaste is a foamy substance that's created when you combine water, hydrogen peroxide, yeast, and dish soap. Campers will enjoy creating and experimenting with this great science project!

LASER-TAG

Combining elements of tag and hide and seek, the classic game of Laser Tag sees campers strap on an infrared-sensitive vest while targeting others to score points and emerge the winner.

3D PRINTING

Capture It In 3D will be running a weeklong workshop where you will learn everything you need to know to design and 3D-print your own creations.

VIRTUAL REALITY

VR is a computer-generated simulation in which a person can interact with a 3D environment using goggles and headsets.

**** New for 2022****