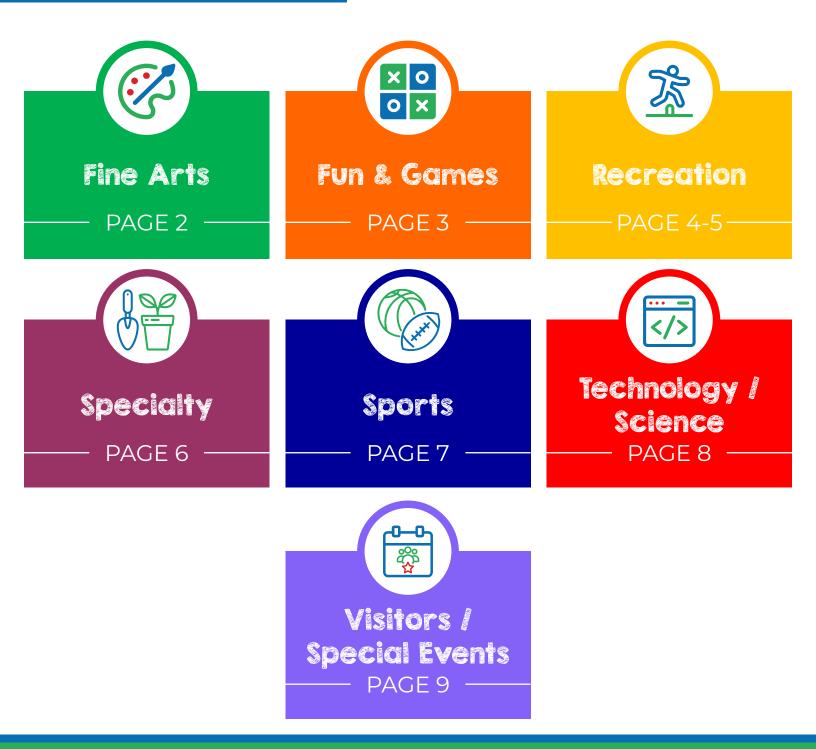






In this booklet you will find an explanation of most activities offered at camp. There are many unique activities geared to every individual camper. Please read the descriptions and if you have any questions, please call the camp office.



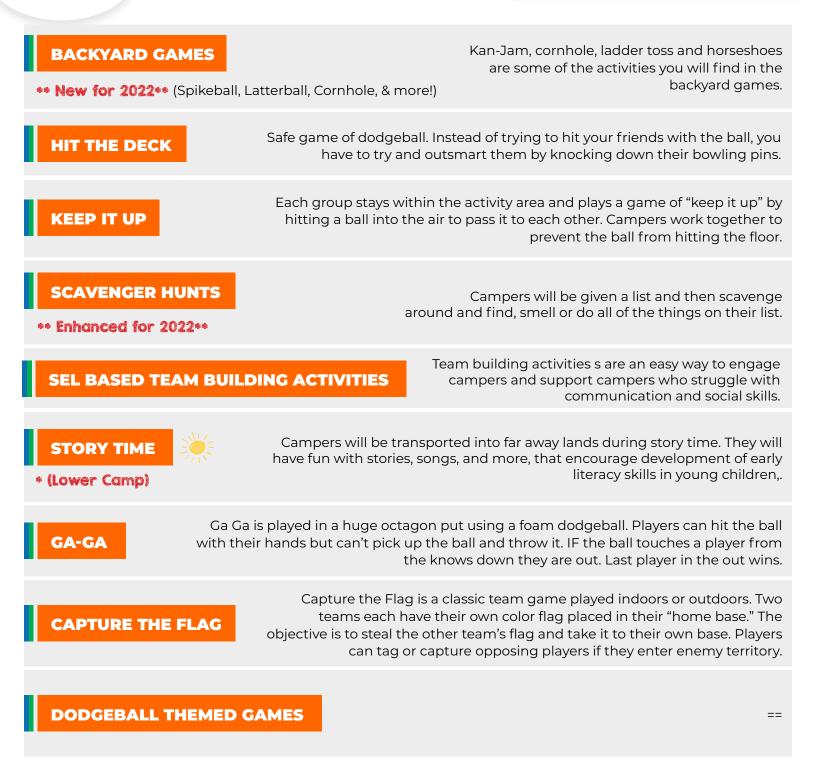


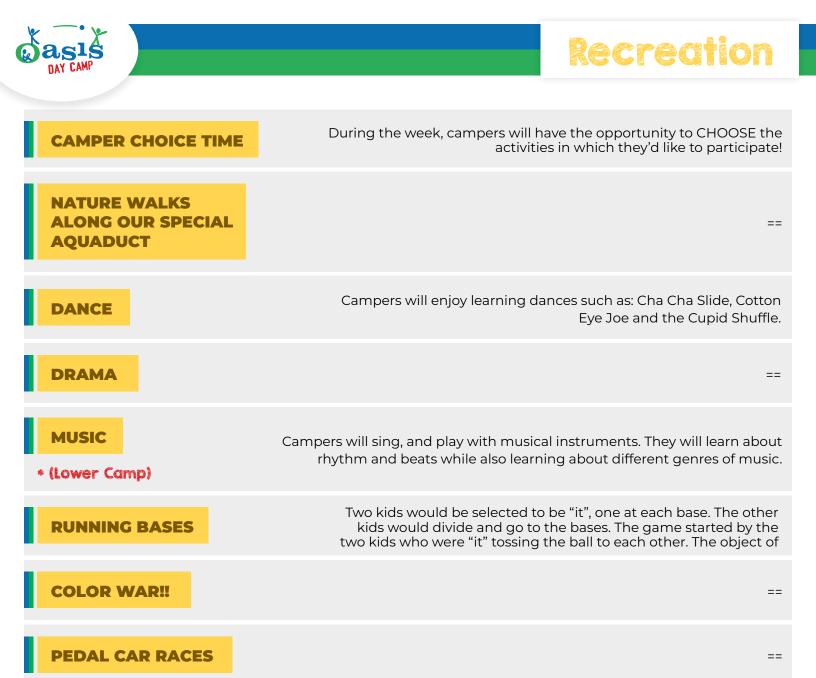
## Arts & Crafts

FRIENDSHIP BRACELETS	Learn different types of intricate designs and patterns to make amazing bracelets for yourself and friends.
JEWELRY & BEAD MAKIN	G Learn how to make your own necklaces, bracelets and earring using beads. Wear your own or make them
SLIME, SLIME ALL THE TIN	Be prepared to get messy!!! Campers will make Fluffy Slime , Neon Green Ooze , Unicorn Slime, Spider Web Slime, and Rainbow Slime.
EVERYTHING GLITTER ** New for 2022**	Campers use glitter and many different types of glitter to decorate signs, and posters.
CHALK ART	pers will use chalk to create unique drawings , chalk facilitates excellent color control and blending abilities.
TIE DYING	Campers will learn how to create abstract paintings.
LANYARD	Campers will learn how to make lanyard bracelets and keychains.
TISSUE PAPER CRAFTS	campers will used tissue paper to create flowers, sun catchers, butterflies, and coasters
PAPIER MÂCHÉ	Bowls, lanterns, ornaments, jewelry, and dinosaur eggs are just a few of the options campers will create using paper, fabric, and glue!
DRAWING Campers will le usually pa	earn to use different ways to create drawings, using techniques of producing images on a surface aper. They will use different types of drawing utensils which include , but not limited to ink, chalk, marker, paint, or crayon.
PAINTING	==



#### Fun & Games





ROCK PAPER SCISSORS SHOWDOWN

must jump into each hoop to move across the board. Their goal is to make it to another teams cone in order to earn one of their tokens to take back to their team's bucket. As the student is jumping, they can come head to head with another student.

**STEAL THE BACON** The person who gets the "bacon" first tries to run across his/her 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 and Bandage Tag.

Hula Hoop Showdown: This game takes Rock, Paper, Scissors to a whole new level! Students

\*\* Enhanced for 2022\*\*



## Recreation

ULTIMATE FRISBEE	Ultimate is a non-contact, self-refereed team sport played with a flying disc frisbee. The aim of the game-Two teams of seven players compete on a playing field about the same length as a football field, but narrower. At each end of the playing field there is an end zone. Each team de- fends one end zone.
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.
KNOCKOUT	Knockout (is a fun basketball game that a team or a group of friends can play as a way to increase common basketball skills such as free throw shooting and rebounding.
OBSTACLE COURSE OF ALL DESIGNS	Campers will run through a series of challenging physical obstacles an individual, or team usually while being timed. Obstacle courses can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed,
** Enhanced for 2022**	endurance and agility.



# Specialty

GAME ROOM	Campers can play checkers, chess, Connect Four, Uno. This activity room encourages socialization and friendly competition.
GARDENING ** New for 2022**	Campers will learn how to plant and care for a little garden of their own .
LEGO ROOM	Campers will use their imagination to build whatever you can dream of or choose to build from the many Lego kits like a pirate ship, robots, house and more We have beginner Lego sets to expert sets.
YOGA	Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. It involves movement,
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 pre-pares young campers to tackle real life situations.
GO KARTS	Campers can drive a Go Kart around our track Flags are used to signal to campers when to go and when to slow down.
MARTIAL ARTS	Campers will learn an array of skills such as: Increased focus and concentration, self confidence, respect, making friends and improved social
IMAGINATION PLAY	<b>GROUND</b> Campers will play with big foam blocks that are basically a portable playground that can turn any space into a place for learning, social interactions, and open-ended play.





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#### **INSTRUCTIONAL & FREE SWIM**

MARTIAL ARTS	Campers will learn an array of skills such as: Increased focus and concentration, self confidence, respect, making friends and improved social
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!
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" as well as traditional basketball.
BASEBALL	Baseball is a bat-and-ball game played between two opposing teams, of nine players each, that take turns batting and fielding. The game proceeds when a player on the fielding team, called the pitcher, throws a ball which a player on the batting team tries to hit with a bat.
KICKBALL	==
WIFFLEBALL	Similar rules to softball but the game is played with a plastic bat and plastic ball. When the wiffleball is hit over the "fence" it's an automatic
FLAG FOOTBALL	Flag football is played with two teams of 5-8 players who attempt to score points by moving the ball down the field across the goal line. The team with the most points at the end of regulation time is the winner.
TRACK & FIELD	Build running stamina, throw a rock javelin, jump hurdles up on the Great Hill (or in the gym on rainy days!)





# Visitors / Special Events

HOLLYROCK INTERACTIVE GAMESHOW	==
MAD SCIENCE!	==
WESTCHESTER CIRCUS ARTS	==
BUBBLE BUS	==
CARLOS MENDES & THE CM4 SOCCER ACADEMY	==
MAGICIAN DAVID LEVITAN	==
EDGE MARTIAL ARTS ACADEMY	==
SMALL ANIMAL PETTING ZOO * (Lower Camp)	==