



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

Entering Nursery - Kindergarten

FRIENDSHIP BRACELETS

Learn different types of intricate designs and matters to make amazing bracelets for yourself and friends.

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!

CARTOONING

**** New for 2022****

Campers will learn the art of cartooning and having fun bringing their own characters to life. They will be taught the techniques to design their own comic book and create their own super hero!

JEWELRY & BEAD MAKING

Learn how to make your own necklaces, bracelets and earring 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.

EVERYTHING GLITTER

**** New for 2022****

Campers use glitter and many different types of glitter to decorate signs, and posters.

PRINT MAKING

Campers will learn different types of printmaking, such as bubble print, block point, and Collagraph.

CHALK ART

Campers will use chalk to create unique drawings , chalk facilitates excellent color control and blending abilities.

DUCT TAPE ART

**** Enhanced for 2022****

Campers use glitter and many different types of glitter to decorate signs, and posters.

PICASSO PAINTING

The process of tie and dye typically consists of folding, twisting, crumpling or pleating a fabric and then dyeing it, that produces different textures through dyes. Campers will have fun tie dyeing T-shirts during our tie dye week!

TIE DYING

Campers will learn how to create abstract paintings.

LANYARD

Campers will learn how to make lanyard bracelets and keychains.

DRAWING

Campers will learn to use different ways to create drawings, using techniques of producing images on a surface usually paper. They will use different types of drawing utensils which include , but not limited to ink, chalk, marker, paint, or crayon.

BACKYARD GAMES

**** New for 2022****

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

BALLOON FUN SPORTS



Campers will have fun playing games such as: balloon volleyball, balloon hockey, balloon basketball, balloon baseball, balloon golf, and a balloon relay race.

ELIMINATION

Trick ball game - Specialist tries to outsmart campers in a very fun and exciting game of catch. Works on campers attention and fine motor

HULA HOOP TIC TAC TOE

Use hula hoops to set up a Tic-Tac-Toe board on the opposite end of the playground from where the players are lined up. When the facilitator, yells, "Go," the first player on each team races to the Tic-Tac-Toe board, places a cone on the board, and runs back to the starting line.

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.

OASIS OBJECTIVE

Campers will compete in groups, asked to collect everyday items to bring to the caller. Items such as: sneakers, lanyard, and water bottles.

PAC-MAN

**** New for 2022****

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

PUZZLE FUN



Campers will learn how to create abstract paintings.

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 far away lands during story time. They will have fun with stories, songs, and more, that encourage development of early literacy skills in young children.

ADVENTURE HIKES



Campers will explore our beautiful campus while on a nature scavenger hunt! They will be looking for rocks, birds, trees, animals and of course

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.

ROCK PAPER SCISSORS SHOWDOWN

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

RUNNING BASES

Two kids would be selected to be "it", one at each base. The other kids would divide and go to the bases. The game started by the two kids who were "it" tossing the ball to each other. The object of

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.

**** Enhanced for 2022****

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 defends one end zone.

PILLOW HOCKEY

Pillow hockey is played with rules very much like ice hockey. Each team has six players including a goalie. The goalie is the only player allowed to touch the ball with his hands or feet, and goalies are allowed to throw or roll the ball down the field. Everyone else must only use their sticks to

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

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, endurance and agility.

**** Enhanced for 2022****

WALL BALL

Wall Ball is a classic playground game played by children everywhere. It's fun for adults too! The object of the game is simple: a person throws a ball against a wall, and anyone can try to catch it. The person who tries to catch it must catch it cleanly (no drops).

**** New for 2022****

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.

GAME ROOM

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

GARDENING

Campers will learn how to plant and care for a little garden of their own .

**** New for 2022****

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 PLAYGROUND



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.

MUSIC

Campers will sing, and play with musical instruments. They will learn about rhythm and beats while also learning about different genres of music.

**** Enhanced for 2022****

Horseback Riding

***Add-on program**

Continuing our partnership with the North Shore Equestrian Center on the campus of LIU Post our campers entering 1st-5th grade can sign up as an add-on program for 1-hour riding lessons. This takes place during the camp day. Campers learn the basics and gain confidence as well as learn about basic horse care and how to groom. Please contact our office for additional information.

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, Four Square players hit a bouncing rubber ball on the ground and bounce it to one of three other play-ers. 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

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.

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.

GA-GA

Ga Ga is played in a huge octagon put using a foam dodgeball. Players can hit the ball with their hands but can't pick up the ball and throw it. IF the ball touches a player from the knows down they are out. Last player in the out wins.

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

AROUND THE WORLD BASKETBALL

**** Enhanced for 2022****

A basketball variant played by 2 or more players, who have all agreed upon a turn order. The game requires a sequence of shooting positions to be decided upon. The object is to be the first player to make a shot from all positions.

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.

DODGEBALL

The main objective in dodgeball is to eliminate all members of the opposing team by throwing the ball at them. Plays must dodge the ball to remain in the game and the team who manages to eliminate all of their opponent's first are deemed the winners.

EUROPEAN HANDBALL

Players are only allowed to hold the ball for 5 seconds without moving when closely guarded by a defender. A drop ball will result in a change of possession. Players may use their hands (open or closed) to catch, push or hit the ball.

FOUR SQUARE

The object of the game of four square is to eliminate players in higher squares so that you can advance to the highest square yourself. Four square is played with a rubber playground ball on a square court with four players, each occupying a quarter of the court. The ball is bounced between players in squares until a player makes an error and is eliminated.

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.

PILLOW POLO

Pillow Polo is a game played similar to field hockey. Two teams play against each other. The game is won by scoring more goals than your opponent. Scoring a goal is achieved in a similar fashion to a goal in soccer or field hockey – by putting the ball into your opponents' net.

TENNIS

Campers will volley back and forth while trying to win a point. To win a point during a tennis match you must hit the ball inside the white lines. If a ball goes out of bounds the point is over and whomever hit the ball out loses that point.

ULTIMATE FOOTBALL

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

VOLLEYBALL

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

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

KASEBALL

Combo of baseball and kickball. You choose whether to use a bat or your foot when up at the plate.

**** New for 2022****

SOFT STICK LACROSSE

We will utilize modified equipment and rules and are designed for youth to achieve quick success in executing the basic skills of lacrosse (cradling, scooping, passing, catching, and shooting). The rules and modified equipment do not require additional protective equipment to learn and enjoy.

VIRTUAL REALITY

**** New for 2022****

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

ROBOTICS

Robotics is a branch of computer science and engineering. Robotics involves design, construction, operation, and use of robots.

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!!

REMOTE CONTROL CARS

**** New for 2022****

A RC car allows the user to control the car's speed and movement through the use of a hand-held device just like a radio controlled care does . Campers will have plenty of space to race them and maneuver them around on a outdoor track.

CODING

**** New for 2022****

So what exactly is coding? The process that professionals use to write code that instructs how a computer application or software program performs. They need to be given very specific instructions in a language designed for them understand.

VIDEO ANIMATION

**** New for 2022****

What is video animation all about? Animated videos are videos created with original designs, drawings, illustrations or computer-generated effects that have been made to move in an eye-catching way using any number of artistic styles.

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

Is a simple prep, 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.

SOLAR TIME FUN

**** Enhanced for 2022****

There are all sorts of fun experiments you can do using the light and heat from the sun, and you can even use it to make electricity!

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!

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