



Summer Camp 2017 - Specialty Camp Descriptions

Week One: June 21-June 23

Sports Camp: Fitness & Conditioning – This week we will focus on agility, balance, cardio, strength, speed, and flexibility. We will talk about nutrition and eating for energy, injury prevention, and self-esteem building.

Disney Camp – You don't need to leave your home to have a Disney vacation! Campers will spend the week exploring some of their favorite Disney characters and movies. They will create their own Disney "merchandise" and play Disney inspired games, all the while pulling inspiration from various Disney songs and movies.

Science Experiments Camp – Chemistry, Biology, Physics and Earth Science.....PhDs will be earned in all disciplines. Scientists will make projects and concoctions, science experiments, and imaginative activities to develop creative thinking skills and inspire self-expression!

Week Two: June 26-30

Basketball Camp-Campers will learn game rules, learn about some famous players and their stats, and get a chance to play some just for fun b-ball games. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

Art Camp: Drawing & Painting – Drawing or Painting - What's your style? Watch as we transform our classroom into our very own art studio this week. The camper's creativity will come alive by using various mediums and materials culminating in an Art Gallery Show at the end of the week.

Spy Kids Camp-Top secret briefings and activities will put spy skills and street smarts to the test. Develop a disguise for cover, make and break codes, discover escape and evasion techniques, create and use spy gadgets, uncover the science behind spying—all of this and more awaits our young recruits!

Week Three: July 3-7

Wiffle Ball Camp-Get a feel for baseball using a wiffle ball and bat.....from T-ball to pitch and hit, campers will be placed in skills groups to fit their level. The rules and sportsmanship of the game will be explored along with baseball stats and exploration of some famous baseball players in the All American Sport!

Cooking Camp: Breakfast Club – We will be making ALL things related to breakfast! Waffles, pancakes, omelets, eggs made different ways and of course BACON. Children will learn all the skills needed to prepare breakfast for you at home!

Messy Camp – Bring on the ooey gooey madness! This week campers will be getting messy....so make sure to wear your old clothes. We will make all the traditional messy projects-Goop, Gak, and Slime! We will also introduce exciting new projects such as Fizzy Chalk Paint and Foodie Finger Painting.



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Week Four: July 10-14

Track and Field Camp - Campers can try hurdles, sprints, long jumps and use variations of shot put and discus throws. Campers will learn techniques to improve their movement, speed, balance, concentration and power as well as technical and mechanical skills that are event-specific.

Fashion & Jewelry Camp- Campers can create beautiful jewelry from a variety of mediums using wire, beads and more. Campers will create their own jewelry craft show. Campers will be given materials and a fashion task to create in a team with a model to walk the runway. Patterned after the TV show Project Runway, campers will use interesting materials from duct tape to paper to create the most unique designs. We will work on sketches and illustrations, pattern making, stitching and sewing on machines for those who are interested.

Cooking Camp: Farm to Table – Our community is rich with local farms and farming resources. This week campers will learn what really happens on a farm and where our food comes from. There will be a lot of cooking and taste-testing.

Week Five: July 17-21

Football Camp-Are you ready for some football? Playing football requires an athlete to be in excellent physical condition. We will be conditioning but will also put the FUN in fundamentals as we work on drills and learn how to play different positions through various stations that provide campers an opportunity to learn offensive and defensive positions. Appropriate for both boys and girls. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

Cheer Camp-Jump Around, Scream and Shout! That's what SPIRIT is all about! This week we will learn cheers, dance, jumps and tumbling. We will work on choreography, conditioning and learn some stretching exercises as well. Open to boys and girls.

Outdoor Cooking-Cooking is fun but outdoor cooking presents some unique challenges. Campers will find out how to make foil packet dinners, dinner on a stick, reflector oven baking, tin can stove cooking and more!

Week Six: July 24-28

Soccer Camp-This week's focus is on the fundamentals, technical skills, and sports knowledge of soccer. We will practice dribbling, passing, shooting and ball control. We will also focus on teamwork and sportsmanship throughout the week. Appropriate for both boys and girls. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

Dance Camp- So many dance styles from which to choose! Campers explore swing, square dance, hip hop and more! Campers will have a dance off and have an opportunity to show off their own style.

Pokémon Camp – For campers who like all things Pokémon.....play, draw, trade, make watch and role play Pokémon. Campers get to create the week of their Pokémon dreams!



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Week Seven: July 31-August 4

Obstacle Courses & Hiking Camp - Balance, crawl, jump, run and weave through various obstacles and challenges that have been pre-designed by counselors and set up by the campers themselves. If you really want to get to know a place, travelling by foot is the best way to go! Campers will have fun while learning practical hiking skills and do a little hiking of their own!

Top Chef Camp - Our young chefs will create delicious dishes for a unique culinary experience. Campers will learn about principles that allow us to combine immiscible liquids, explore food preservation and diffusion, phase changes and much more.

Sewing & Knitting Camp – Instead of kids keeping their hands busy with electronic gadgets, this week let them busy their hands with textile crafts! There's something really wonderful and satisfying about tying knots in sequence or knitting a scarf. Campers will learn to work with thread, yarn, fiber and cloth. All levels welcome!

Week Eight: August 7-11

Lacrosse Camp-Both boys and girls will learn how to use a lacrosse stick or build on their existing skills. Rules of the game will be discussed and drills will be done in a safe, positive, no contact environment. *Please indicate if your child is at a beginner, intermediate or advanced skill level.*

May the Force Be With You Camp-Star Wars fans.....join us for a week of activities and adventures with the Ewoks, Yoda, Chewbacca, Princess Leia, Darth Vader and Luke Skywalker! Campers will enjoy arts and crafts, role-playing, and a bit of science with space exploration too!

Photography Camp This week we will “focus” on the history of photography and how cameras work in addition to a variety of fun activities using digital photography. We will experiment by shooting from different perspectives, learn about checking your background to enhance your image by checking for clutter and distraction and we will learn how to hold the camera straight by checking for framing. Campers are encouraged to bring their own cameras if possible but we will have some to share at the camp.

Week Nine: August 14-18

Wizards Week Camp – Join us for a look into the Wizarding world. Explore magic potions and much more wizarding fun to come!

Foods from Around the World Camp- Campers will travel the world this week without ever leaving New York State! Join us on a trip around the world to discover amazing foods from other countries!

Street Sports Camp-Parkour, stickball, street hockey and skully are just a few of the street games we will explore in this exciting camp!



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Week Ten: August 21-25

Clay & Wire Camp – Try your hand at a new experience of using wire and clay to create amazing masterpieces! We will experiment with different kinds of clay; candy clay, bread clay, baker's clay, etc. We will pinch, slab, coil and experiment with a pottery wheel!

Ancient Egypt Camp – Ancient history, archaeology, adventure and art! Learn about life on the Nile, how to wrap a mummy and build a sarcophagus, make modern day papyrus and write in hieroglyphics. Hear the stories of the Egyptian gods and goddesses, King Tut, Queen Nefertiti, and Cleopatra, and design a pyramid that's fit for a king!

Individual Sports Camp – This week is all about YOU!! We will be working on "INDIVIDUAL" sports such as Martial Arts, Biking, Bowling, Golf, Archery, Swimming and Track & Field!

Week Eleven: August 28 -September 1

Animal Camp – Campers will learn about the many different kinds of animals living in the animal kingdom. Come explore habitats from the Arctic to your own backyard!

Baking & Dessert Camp – Leaning comes alive in the kitchen classroom, where campers mix math, simmer science, and taste fun! This week our little chefs will learn the importance of thoroughly reading a recipe and mixing properly all while working on the following skills: menu planning, bread and pastry baking, kitchen hygiene and healthy eating habits!

Wet & Wild Sports Camp - Get ready to make a splash during this wet and wild week of camp! Campers will enjoy various water activities such as water balloons, water tag, water bucket relays and more. Synchronized swim, snorkeling and water aerobics will be offered along with a good ole' game of Wet and Wild Kickball. ****Water shoes required****