

CAMP ACTIVITIES LIST

Each camper will choose three activities before camp and three more on the first day of the session. The following is a list of the activities we offer and provides class descriptions only. It reflects just a portion of the activities which will be offered for the upcoming summer. As staff members are hired, they bring new talents and ideas for activities.

Parents must use the web form to indicate the favorite choices for their camper(s). Please list the top FOUR (4) favorite activities in order of interest (1 being the most desired and so on). We make every attempt to provide three favorite choices, but some classes fill more quickly than others. Please encourage your camper(s) to choose activities from a variety of areas whenever possible.

ARTS & CRAFTS

Dance: If you like to move to music, this is the class for you. It could be hip hop, African style, ballet, jazz, musical theater, tap, lyrical, or all of the above.

Drama: Anyone interested in performing will enjoy improvisation games and practicing the basics of drama. We will share our talents in an arts open house.

Drawing and Painting: Learn the basic techniques of drawing using pencil, pen, charcoal and other media; paint the beautiful surroundings with watercolor, tempera, and oil.

Fiber Arts: This class provides an opportunity to create products from natural fibers through weaving on looms, creating basketry and batik, and papermaking.

Guitar 1: For those with little or no experience who want to start learning chords and songs. We ask that you bring a guitar, if you can, as we only have a limited number of guitars to share.

Guitar 2: This class is for those who know some chords and who have played some guitar. You will learn more chords and have an opportunity to write some original songs.

Gypsy Crafts: Experience the magic of releasing your creative spirit. This class is the “grab bag” of arts and crafts with a variety of artistic activities offered new in each class.

Inkle Weaving: Using a special loom, create belts, guitar straps, headbands, pretty much anything long and thin. A meditative craft that ends up with a beautiful creation.

Jewelry: Make bracelets, earrings, necklaces, and other wearable art.

Photography 1: Use a manual 35mm camera and learn to shoot black and white photos in our amazing island setting. Be ready to spend time in the darkroom developing your own film and prints. If you have a non-digital SLR camera, bring it with you.

Photography 2: You have experience taking pictures, developing film, and printing photos. This is a class for those with a strong interest in photography who want more time to pursue the art form. If you have a non-digital SLR camera, bring it with you. This may be a double period.

Pottery 1: You have never done pottery or want the chance to learn the basics of hand building and glaze work.

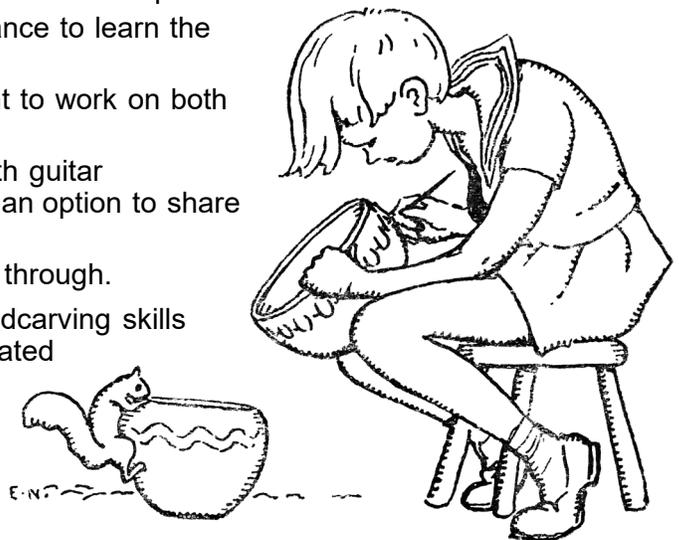
Pottery 2: You have done some work with clay and want to work on both wheel and hand building skills, as well as glazing.

Sing Out!: Group singing and individual song writing with guitar accompaniment. Sing old and new camp songs with an option to share at Evening Fire or Moonraker.

Stained Glass: Make colorful art that the sun can shine through.

Woodcarving: Campers will be introduced to basic woodcarving skills and progress at their own level toward more complicated projects, including wishing stools. (There is a \$25 fee for materials for carving wishing stools.)

Writing: Explore your creative interests writing poetry and prose in serene surroundings. You can share your creations at Evening Fires.



GARDEN

Dig It, Gardening Basics: Be ready to get dirty and have a great time doing it. This class is for the “budding” gardener who wants to dig, plant, and design beds. Help create new landscapes around camp.

Garden Crafts: This is the “grab bag” of garden classes and includes a variety of activities including “what’s growing in the garden,” making lip balm & soap, cooking home fries, and more.



HORSEBACK RIDING

Cart Driving: This is one of camp’s oldest traditions. You won’t just be riding along with your instructor-- you’ll learn to drive the carts yourself, take trips and tackle the pasture obstacles with confidence. No Horse Experience Needed. Due to the smallness of this class, you may only sign up for this class ONE time during your camper years. This one-period class is only open to Intermediate and Seniors campers.



English 2: Riders should have a good sense of control of the horse, grooming skills and horse maintenance. Walk to trot, halting, turning and posting-the trot will be explored more in the arena and on trails. (Note: There is no English 1 class – beginning riders should take Horseback 1.)

English 3: Having succeeded in English 2, riders should be able to execute ALL the transitions and ride confidently. An awareness of the correct positions including posting on the correct diagonal, cantering on the correct lead and a strong “2-point.”

Horseback 1: NO EXPERIENCE NECESSARY! You will learn the basics of good horsemanship, grooming and maintenance skills, and horseback riding (balance, correct body and hand placement) in the arena and on the trails, helping you become a safe and confident rider. Specialization into Western and English will be available as you advance in skill.

Trail Riding 2: Explore our miles of trails! Riders in this class should be confident in mounting, dismounting, and walking, and have begun learning a rising trot. (Note: There is no Trail Riding 1 class – beginning riders should take Horseback 1.)

Trail Riding 3: Aimed at Campers who have substantial riding experience. Campers should have completed English, Western, or Trail Riding 2, or be confident at the trot and canter and in 2-point.

Western 2: Riders should have a good sense of control of the horse, horse maintenance, and grooming skills. Walk to jog, halting, turning using good body and hand position will be explored more in the arena and on trails. (Note: There is no Western 1 class – beginning riders should take Horseback 1.)

Western 3: Having succeeded in Western 2, riders should be able to execute transitions and ride confidently with good body and hand position at the walk, jog and lope.

LANDSPORTS

Archery: Learn about bows and arrows, how to shoot or improve your shot while enjoying our wooded archery range. Try to make the “tens club!”

Basketball: Have fun on the basketball court, practicing drills to improve skills and playing games.

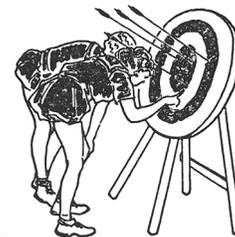
Conditioning 1: If you are in shape and want to stay that way, or just get in shape, this is the class for you. You will learn how to stretch, build strength and improve endurance.

Conditioning 2: If you are in shape and are looking for a more challenging, high intensity workout, this is the class for you. This is for campers who are serious about conditioning and will come to each class to work.

Disc Golf: Challenge yourself on our camp-wide 18-hole course and improve your score over the session.

Lacrosse: If you have never played before, this class will both teach you how to play and, for those who know the game, help you to improve your lacrosse skills.

Outdoor Adventure: Are you looking for an adventure? Take the opportunity to explore deep into the camp wilderness, play fun games, and experience adventure to the fullest.



LANDSPORTS (continued)

Pickleball: This class gives all an opportunity to learn or practice the skills needed to enjoy one of the more popular games at camp. Get ready for the tournament of 2018!

Soccer: Brush up on your basic ball skills and rules with practice drills, scrimmaging and playing games.

Sport Choice: Designed for the energetic and spontaneous athlete. Come one, come all, for this varied games and skills class which is the “grab bag” of sports classes.

Tennis 1: You have never played tennis before or you want to improve on your basic strokes and rule knowledge.

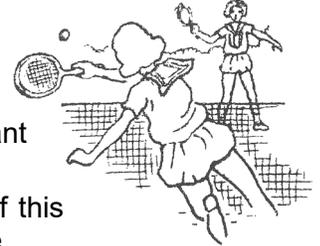
Tennis 2: You know the basic strokes, have played quite a bit and are looking to learn strategies while playing singles and doubles.

Tennis 3: You have a solid forehand, backhand, and serve; know strategies and want to polish your game.

Ultimate Frisbee: This class is for those who have already caught the excitement of this Four Winds favorite and for new players wanting to learn the skills and the game.

Volleyball: Bump, Set, Spike! Try out this classic sport, or improve your skills.

Yoga: Whether you're new to the practice or a seasoned yogi, these classes will enhance concentration, focus and balance both on and off the yoga mat. Campers will leave each class feeling relaxed and renewed!



WATERFRONT

Canoe: Have fun learning the parts of a canoe and paddle, various strokes, learn to right a capsized canoe, play fun canoe games and practice skills. You will also take time to explore funyaks and sea kayaks.



Cruise Sailing: Any intermediate sailor may join this class. If you know the basics of sailing, this is a great class to practice your skills on the water. Sail around the sound in our Lightning-class sail boats.

Dock Adventure: This is the “grab bag” of dock activities. Enjoy a little taste of everything on the dock including raft-making, paddling and swimming.

Extreme Canoe: Have fun learning to canoe and be prepared for a good workout. This class is like a conditioning class on the water.

Gypsy Gunkholing: Jump in a rowboat, funyak or canoe and explore flora, fauna and all the shoreline treasures. Also you will learn to use the flora and fauna to make keepsakes and cook food.

Paddle Boarding: Campers will learn to paddle and steer an 8-foot stand-up paddle board around Four Winds Bay. They will play games, learn techniques, and explore shorelines and protected waters around our property and beyond.

Sail 1: You have never sailed before, or you need more confidence sailing in smaller boats and eventually sailing on your own. Use our Laser Bug fleet to learn basic skills.

Sail 2: You know the different parts of the boat and sails, points of sail, understand how the wind affects the sails, and how to tack and jibe. Have fun building your skills in our Flying Juniors fleet.

Sail 3: You have all the skills of a Sail 2 graduate (or equivalent). Here you will better your sailing skills by playing games and learning to race in our Flying Juniors and Lightning class boats. You will learn to focus as a team and how to use everyone and everything on the boat to your advantage. This is a double period.

Sail Race: You have all the skills of a Sail 2 graduate (or equivalent). In this class you will take your skills and experience to a new challenge as you learn and practice the techniques and strategies of racing a sailboat. Catch the wind in our Laser class boats. This is a double period.

