

# 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**

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

**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.

**Craft-o-Clock:** 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.

**Mad Craftatory:** An explosion of fun that combines the excitement of science with the joy of crafting!

**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.



## **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**

**Horseback 1: BEGINNERS WELCOME!** This class will cover the basics of riding to build confidence through experience. Riders will learn both English and Western reining techniques. Riders will learn how to act around horses and the basics of grooming. They will practice leading their horse and mounting (from a mounting block). Riders will practice walking, starting, halting, and steering their horse. This group will start in the arena and progress to trail rides around camp.

**Horseback 2:** Riders must have participated in Horseback 1 or had previous experience riding.



Riders should already be capable of riding at a walk and know the basics of how to act around horses. In this class they will learn the following things while at a trot: posting, steering, halting, balance, and also be working toward learning to canter. They will experience both Western and English saddles and both types of reining. Riders will learn grooming, tacking, and mounting skills as well as basic horse knowledge. Riders will work in the arena and out on the trails to build upon their equestrian skills.

**Horseback 3:** Riders must have participated in Western 2 or English 2 at camp or have had plenty of riding experience. In this class riders should be confident riding in walk, trot and canter, turning, halting, and be able to show a good balanced position. They can use either English or Western saddles. They will practice grooming and tacking skills daily and will learn the basics of horse care as well as various equipment and its care. They will learn to confidently mount from the ground and a mounting block. Riders will work in the arena and out on the trails to build upon their equestrian skills.

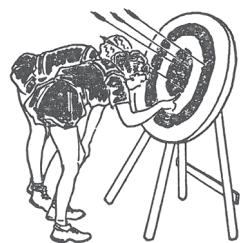
**Trail Riding 2:** Riders must have participated in Horseback 1 or had previous riding experience. In this class riders should be capable of riding in walk and trot unaided, turning, stopping, and show a balanced position. Riders will learn grooming, tacking, mounting skills as well as basic horse knowledge. Riders can choose an English or Western saddle depending on their previous experience. Riders will spend lessons out exploring our trails while building upon their equestrian skills.

**Trail Riding 3:** Riders must have participated in Trail 2, Western 2 or English 2 at camp or have plenty of trail riding experience. Riders should be confident riding in a walk, trot, and canter in an open space, while maintaining correct, balanced position. They will practice grooming and tacking skills daily and will learn the basics of horse care as well as various equipment and its care. They will learn to confidently mount from the ground and a mounting block. Riders will spend lessons out exploring our trails while building upon their equestrian skills.

**Cart Driving:** Campers will learn the basics of how to start, stop, and steer a pony while driving a 3 person cart. Campers will be driving with an instructor in the cart and will be on the roads around camp as well as the quiet roads just off the property. They will learn the basics of driving a cart and learn the rules of the road. No Horse Experience Needed. Due to the small size of this class, you may only sign up for it ONE time during your camper years. This is only open to Intermediate and Seniors campers.

## **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:** 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.

## LANDSPORTS (continued)

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

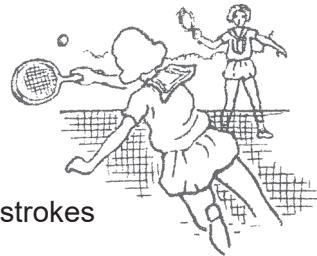
**Outdoor Adventure:** Are you looking for an adventure? Take the opportunity to explore deep into the camp wilderness, play fun games, and experience adventure to the fullest.

**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 summer tournament!

**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.

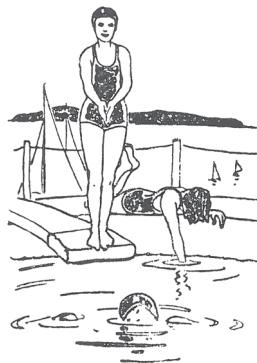
**Tennis 3:** You have a solid forehand, backhand, and serve; know strategies and want to polish your game.

**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.

## 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.



**Cruise Sailing:** Any budding sailor may join this class. If you want to learn 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.

**Gunkholing/Cousteau and Go:** Jump in a rowboat, funyak or canoe and explore flora, fauna and all the shoreline treasures. You will also learn to use the flora and fauna to make keepsakes.

**Paddle Boarding:** 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 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 (FJs) 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 (FJs) 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.

