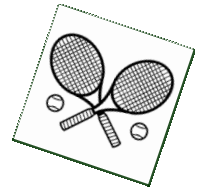


# Camp Pembroke 2011

## Session 1 Electives

### ATHLETICS



#### ADVANCED GYMNASTICS:

Advanced gymnasts can keep in shape while working on their routines and creating new ones. **NO EQUIPMENT WILL BE USED IN THIS ELECTIVE.**

*All Grades:*

#### AEROBICS:

Work out to music as you learn basic aerobic steps. What a great way to exercise and energize yourself! This is a fast-paced exercise and conditioning elective set to music.

*All Grades*

#### ARCHERY:

Be one of the first to hit the bull's eye! Learn the techniques of archery with instruction for all levels. Earn recognition for your marksmanship; participate in the archery ladder program.

*All Grades*

#### ATHLETICS ARENA:

Have no fear; all your favorite sports are here! Each week you'll be able to choose one athletic activity. Your options may include basketball, soccer, softball, volleyball and more.

*7<sup>th</sup> – 10<sup>th</sup> Grade Only*

#### BASKETBALL SKILLS CLINIC:

Learn the fundamentals of basketball by practicing your passing, shooting, and ball handling skills; and show off your game during live action scrimmages!

*All grades*

#### BICYCLING:

Campers will be bicycling in and out of the camp area. Have fun bicycling while building your leg muscles and endurance. **You MUST complete the biking permission form before camp starts. You MUST bring your own bike and helmet to camp**

*9<sup>th</sup> and 10<sup>th</sup> Grade Only*

#### BOOT CAMP:

A structured conditioning program including running, ab workouts and weights. This elective will help you get in shape and teach you how to use weights the proper way.

*9<sup>th</sup> and 10<sup>th</sup> Grade Only*

#### CARDIO KICKBOXING:

This session in cardio kick-boxing, you will learn self defense, try new moves and get a great work out! We will practice new routines. It's going to be a great time.

*7<sup>th</sup> – 10<sup>th</sup> Grade Only*

#### CHEERLEADING/ GYMNASTICS:

Learn new moves and simple cheerleading skills. In addition, instruction in basic tumbling skills and floor exercise routines will be given to beginners only. **No equipment is used for this elective.**

*All grades*

#### DOUBLES TENNIS:

Learn how to play with a partner. Campers will learn different strategies and techniques when playing with a partner. This elective will be great for any camper interested in playing in the Doubles Tennis Tournament.

*All Grades*

#### FIELD HOCKEY:

This is one of the fastest growing sports for girls. Learn the skills necessary to compete and play field hockey at a competitive level. This elective is for beginners and those who want to improve and practice their skills. **You MUST bring your own stick and ball.**

*7<sup>th</sup> – 10<sup>th</sup> Grade Only*



#### FIELD SPORTS:

Learn the basic skills of soccer and softball. Enjoy playing these sports with your camp friends.

*3<sup>rd</sup> – 8<sup>th</sup> Grade Only*

**INTRODUCTION TO LACROSSE:**

*All Grades*

Learn how to play the fastest sport on two feet! ***This is an instructional and recreational lacrosse elective*** for the beginner, intended to introduce and enhance scooping, cradling, throwing, catching, and shooting skills. **Equipment provided.**

**NEWCOMB SKILLS CLINIC:**

*3<sup>rd</sup> – 6<sup>th</sup> Grade Only*

Newcomb is played on a volleyball court with similar rules. Guess what? You get to catch the ball! Come to practice, play, and improve your teamwork. **This is a great introduction for those who are looking forward to volleyball!**

**PILATES:**

*All Grades*

Get a complete workout with pilates. Pilates will help you focus on your core as well as balance and strength.

**POWER WALKING:**

*All Grades*

We will begin with a gentle warm-up and increase the walking pace by moving briskly. You will improve your stamina and condition your cardiovascular system, while walking around camp.

**PRE SEASON SPORTS TRAINING:**

*Grades 7<sup>th</sup> – 10<sup>th</sup>*

If you are playing a fall sport at school and need to start getting into shape, this is the elective for you. Get yourself physically fit for the upcoming sports season.

**RUNNING:**

*7<sup>th</sup> – 10<sup>th</sup> Grade Only*

Here's your chance to expand your sprinting and distance running. Increase your stamina and endurance. Stretching exercises will be stressed.

**SOCCER SKILLS CLINIC:**

*All Grades*

Experience the fun, and sharpen your techniques and skills in soccer through trapping, passing, shooting, and dribbling drills and games. Rules and good sportsmanship will also be part of this elective.

**SOFTBALL SKILLS CLINIC:**

*All Grades*

This elective teaches batting, throwing, fielding as well as game strategy and play for those new to the sport or looking to improve their skills.

**STRETCH AND TONE:**



Learn how to properly stretch and tone to increase your performance. This will also help you gain flexibility, strength and stability in all you do.

**TENNIS SKILLS CLINIC:**

*All grades*

Provides basic skills for beginners as well as advanced instructional techniques for advanced players looking to improve their game. **Bring your own racquet!**

**TENNIS IS AUTOMATICALLY SCHEDULED TWICE A WEEK FOR 3<sup>rd</sup> – 6<sup>th</sup> GRADE**

**VOLLEYBALL:**

*7<sup>th</sup> – 10<sup>th</sup> Grade Only*

Bump, Set, SPIKE! Fine tune your serve and improve your skills and strategy through instruction, practice and scrimmages.

**YOGA FOR BEGINNERS:**

Relax and learn the basics of yoga from our experienced staff.

# ARTS & CRAFTS

## ARTS & CRAFTS ARENA:

*7<sup>th</sup> – 10<sup>th</sup> Grade Only*

Each week you will choose one arts and crafts activity. This option may include, jewelry making, Marbling, Scrapbooking, Tie-dying, Leather Works and more.

## CERAMICS: *All Grades*

Create beautiful pottery using various techniques including slab work, coiling, pinching, and advance to “wheel work”. Instruction in hand building, wheel throwing, and sculpture. Decorate your masterpieces and have them fired in our kiln.

## CREATIVE ACCESSORIES; *7<sup>th</sup> & 8<sup>th</sup> Grade Only*

Make your own belts, bracelets, fleece blankets, pillows, scarves and more. Use your imagination to add your personal touch to each project.

## CROCHET: *All Ages*

Learn the basics or perfect your skills while crocheting projects from thread. All levels are welcome.

## DRAWING & PAINTING: *All Grades*

For the artist in you! Learn to paint or enhance your skills with charcoal, watercolors and other mediums.

## DUCT TAPE ART: *All Grades*



Make all kinds of items from our wonderful array of colorful duct tape, including wallets, jewelry, ipod covers, or any number of creative pieces made by you! The possibilities are as endless as the supply of duct tape (well, sort of!). Our instructors will help you design something special, just for you or someone you care about.

## FUN WITH FABRIC: *3<sup>rd</sup> – 6<sup>th</sup> Grade Only*

Make small projects out of all kinds of fabric including door decorations, fabric rag dolls, scrunchies, memo boards, lap desks and more.

## JEWELRY MAKING: *All Grades*

Create necklaces, bracelets, earrings and barrettes as we design unique jewelry using beads, wire and copper enameling. Wear your elegant creations home.

## KNITTING: *All Grades*

Learn the basics or perfect the skills you already have, while making simple projects from yarn. No experience necessary! Camp will supply all materials

## LEATHER WORKS: *All Grades*

You will work and tool the leather to make belts, wallets, bracelets, purses, frames and so much more!

## MASK MAKING: *All Grades*



Using plaster of paris, and strips of other fun materials, make a mask to decorate your “area,” and then bring it home as a beautiful addition to the décor of your bedroom! These will be professional quality masks, made with the help of a qualified instructor.

## PRINT MAKING: *All Grades*



You can print on anything! Transfer your favorite designs to t-shirts and bags. (Bring an extra t-shirt or bag to print on). Create awesome cards to send home. The sky is the limit!

**SCRAPBOOKING:***All Grades*

Create and design beautiful, long-lasting mementos of your family and friends. Bring your own pictures and we'll provide scrapbooks, templates, stamps, and stickers to personalize your memories.

**SCULPEY:***All Grades*

Create beads, bracelets, tiny figurines or anything that you can think of with this easy to use clay; with a little dexterity and some old fashion creativity, the possibilities are endless!

**WOODCRAFT:***All Grades*

Choose from a large selection of shapes to paint and design. Campers will sand and paint the shape of their choice.

## THE GREAT OUTDOORS

**GARDENING:***3<sup>rd</sup> – 8<sup>th</sup> Grade Only*

Summer is the perfect time to garden flowers and vegetables, and what better place than at Camp Pembroke?! Help beautify our camp with flowers and cultivate a variety of summer vegetables.

## TRADITIONS

**FUN IN THE KITCHEN:***3<sup>rd</sup> – 6<sup>h</sup> Grade Only*

Children love to cook especially when the recipes are geared to their capabilities and, of course, their tastes! They will learn about measuring, mixing, and blending. As the saying goes: "The proof is in the pudding!" So, naturally, these fledgling cooks will have to perform "taste tests" on their efforts, right?!

**NEWSPAPER:***All Grades*

Help write the **PEMBROKE ARROW**. Be Part of the newspaper staff and learn everything from reporting to layout. The paper will be posted on *Bunk1.com* for all to read.

## VISUAL & PERFORMING ARTS

**ACAPPELLA:***All Grades*

Your voice is your instrument! Learn to sing without an instrumental accompanist.

**DRAMA:***All Grades*

For the actress in all of us! Learn about acting and performing on stage. At the end of the session you will have the opportunity to present a play in front of the entire camp. The production promises to be of Tony Award quality!

**HIP HOP:***All Grades*

A very popular form of dance. Learn the latest moves seen in music videos. Campers will create their own dance and perform for the entire camp at the end of the session.


**FLAMENCO:***All Grades*

Learn the basics of the dance from an instructor who does it professionally! Have fun with your camp friends as you learn together, and be part of the dance show at the end of your camp session! Learn some dance moves that will make you the envy of your friends at home!



<b>IMPROV:</b> <i>All Grades</i>	This class will combine fun drama games and performance techniques to teach you the basics of acting and improvisation.
<b>JAZZ:</b> <i>All Grades</i>	Put pizzazz in your feet! Have a great time as you master jazz dancing.
<b>MODERN DANCE:</b> <i>All Grades</i>	This elective is a combination of hip hop and modern dance. Come learn some very graceful moves – you don't have to be a professional dancer to enjoy!
<b>POP DANCE:</b> <i>All Grades</i>	Dance to your favorite pop music. Learn new moves to the songs you love.
<b>ZUMBA:</b> <i>7<sup>th</sup> – 10<sup>th</sup> Grade Only</i>	Dance to Latin rhythms and easy-to-follow moves to create a one of a kind workout.

## WATER SPORTS

<b>BOATING &amp; CANOEING:</b> <i>3<sup>rd</sup> – 6<sup>th</sup> Grade Only</i>	Explore Lake Oldham in canoes, funyaks and rowboats. Learn safety, strokes, and maneuvers on land then take your skills out to sea for some serious flatwater fun. <b>Note: Every bunk is scheduled for boating &amp; canoeing a week.</b>
<b>LIFEGUARDING:</b> <i>10<sup>th</sup> Grade Only</i>	You must be 15 years old to take this course and pass a prerequisite skills test to take this course. <b>There is an additional charge to be determined for this elective. Your must complete the lifeguarding permission slip and return it before camp starts.</b>
<b>SAILING:</b> <i>All Grades</i>	Great sailboats! Learn the skills of sailing and enjoy the experience on beautiful Lake Oldham. <b>MUST HAVE PASSED RED CROSS LEVEL 3 SWIM TEST.</b>
<b>WATER AEROBICS:</b> <i>7<sup>th</sup> - 10<sup>th</sup> Grade Only</i>	 Get fit and energized in Camp Pembroke's pool while doing special aerobic routines.
<b>WATERFRONT ARENA:</b> <i>7<sup>th</sup> – 10<sup>th</sup> Grade Only</i>	Have fun and increase your skills in more than one water sport. At the beginning of each week, you'll choose one waterfront activity. These activities will include Waterskiing, Boating and Canoeing, Sailing and Windsurfing. <b>YOU MUST HAVE PASSED RED CROSS LEVEL 3 SWIM TEST. PARENT MUST SIGN PERMISSION FORM</b>
<b>WATERSKIING:</b> <i>All Grades</i>	Have fun and cruise around Lake Oldham on skis. Instruction is for everyone, whether a first time skier or experienced. <b>YOU MUST HAVE PASSED RED CROSS LEVEL 3 SWIM TEST. PARENT MUST SIGN PERMISSION FORM.</b>
<b>WINDSURFING:</b> <i>All Grades</i>	Feel the wind in your face: surf the waters of Lake Oldham in our windsurfs. This elective is for new or experienced surfers. <b>MUST HAVE PASSED RED CROSS LEVEL 3 SWIM TEST.</b>

## PULL OUT ACTIVITIES

<b>GOLF:</b> <b>7th – 10th Grade Only</b>	Campers will three (3) one hour lessons per session from the golf pro at the Pembroke Country Club. The program will provide basic skills for the beginning golfer and more advanced skills for those with golfing experience. There is an additional charge for this elective. You must complete the golfing permission slip and return it with the fee.
<b>HORSEBACK RIDING:</b> <b>3rd – 10th Grade</b> <b><i>Beginners – Experienced Riders</i></b>	This program will be oriented to the basic instructional methods for ring, trail and general riding for <b>beginners to experienced riders</b> . Lessons will take place at Hidden Hollow Farms. There is an additional charge for this elective. You must complete the horseback riding permission slip and return it with the fee. Riders <b>MUST</b> have the appropriate safety helmet, heeled riding boots or hard shoes and heavy jeans.
<b>ICE SKATING:</b> <b>All Grades</b>	Campers will receive (3) one hour lessons per session from skating pros at Hobomock Arenas. This program will offer small groups instruction, fun and exercise. Each camper will receive instruction or help at her own skill level. There is an additional charge for this elective. You must complete the ice skating permission slip and return it with the fee. Campers <b>MUST</b> bring their own skates and warm clothing.

**REMEMBER, ELECTIVES ARE SCHEDULED ON A FIRST COME, FIRST SERVED BASIS!**