

## Expressive Beginnings Summer Camp 2020 - Specialty Camp Descriptions

### Week One: June 24<sup>th</sup>-June 26<sup>th</sup>

**Basketball Camp** - Campers will learn game rules, practice drills, and of course play games! *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

**Karaoke & Talent Camp** – This camp will provide children with the opportunity to sing along with their favorite songs. They will also get to practice their other hidden talents and share them with the other campers. Several types of performing arts will be highlighted and explored as talent options, including acting, music, dance, and vocals.

**Slushies, Shakes, & Smoothies Camp** – Campers will learn what ingredients are needed to make different types of frozen drinks and will spend the week making and testing out different recipes.

**Oceanography Camp** – What better way to kick off summer than to explore science that deals with all the natural phenomena of the sea. Campers will explore the biological make-up of oceans through games, crafts, sensory activities, and science projects.

### Week Two: June 29<sup>th</sup>-July 3<sup>rd</sup>

**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, and technique that are event-specific.

**Cupcake Wars Camp** – This week, our chefs will learn the science of baking and develop their design and decorating skills as they compete in baking competitions.

**Wild & Wacky Animals Camp** – Did you know that the heart of a shrimp is located in its head!? Or that a grizzly bear's bite is strong enough to crush a bowling ball? In this club, we will highlight both familiar and lesser known animals that have unique characteristics about them through exciting activities, such as trivia games and crafts.

**Spy Kids Camp**-Top secret briefings and activities will put the campers' spy skills and street smarts to the test. They will try making and breaking codes, discover escape and evasion techniques, and create spy gadgets.

### Week Three: July 6<sup>th</sup>-10<sup>th</sup>

**Ultimate Frisbee & Lawn Games Camp** – Campers will learn and play a variety of lawn games, including ultimate frisbee, lawn twister, bocce ball, and cornhole.

**Dance Camp**- There are so many dance styles to choose from! Campers will explore swing, hip hop, jazz, and many more! They will also learn a dance routine and perform it at the end of the week.

**Disney Camp** –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.

**Chess & Board Games Camp** – Join this camp to learn the rules of chess, play games, and have tournaments. Campers will also have the opportunity to play a variety of their favorite board games!

### Week Four: July 13<sup>th</sup>-17<sup>th</sup>

**Football Camp**- Football players will learn drills and how to play different positions through station work that provides campers an opportunity to learn offensive and defensive positions. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

**Cheer Camp**-This week we will learn cheers, jumps, choreography, and tumbling and then put it all together into a half time routine. We will work on conditioning and learn some stretching exercises as well.

**Picnic & Party Food Camp** – Our foodies will explore the art of menu planning for events this week and will get the chance to create some popular party and picnic foods, including dips, dogs, and salads.

**Journalism & Photography Camp** – Campers will try their hand at different styles of journalism, including interviewing, news casting, and writing articles. They will also try their hand at photography as they learn how cameras work and try out different photography techniques.

### Week Five: July 20<sup>th</sup>-24<sup>th</sup>

**Lego Camp** – Come create with Legos in this camp that will offer a variety of Lego challenges and experiences. Participate in Lego building competitions, design our own creations, and much more!

**Clay & Wire Camp** – Using wire and clay, campers will have the opportunity to create amazing masterpieces. We will experiment with different kinds of clay and explore different types of wire to sculpt our creations!

**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 groups to fit their level and practice their skills while they play. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

**Foods 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!

### Week Six: July 27<sup>th</sup>-July 31<sup>st</sup>

**Science Experiments Camp** – Scientists will make projects and concoctions, perform science experiments, and engage in science-based imaginative activities.

**Star Wars & Beyond Camp** - Star Wars fans.....join us for a week of activities and adventures with Yoda, Chewbacca, Princess Leia, Darth Vader, Luke Skywalker, and many more! Campers will enjoy arts and crafts, role-playing, and a bit of space exploration too!

**Fashion & Jewelry Camp**- Campers can create beautiful jewelry from a variety of mediums using wire, beads, and more. We will also explore fashion by observing images of various fashion styles, then sketching and creating our own pieces!

**Lacrosse Camp**-Campers 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.*

### Week Seven: August 3<sup>rd</sup>-7<sup>th</sup>

**Hogwarts School of Wizardry Camp** – Make your way through some of your favorite Hogwarts classes, such as “Defense Against the Dark Arts”, potions, and herbology. Campers will also get to play our own version of Quidditch, create unique wands, and find out what House the Sorting Hat will put you in!

**Soccer Camp**- We will practice dribbling, passing, shooting, and ball control. We will also focus on teamwork and sportsmanship throughout the week. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

**Holidays Around the World** – Come join us in a week long party, as we celebrate holidays found all around the world. Children will have the opportunity to celebrate Christmas in the summer, as well as learn about a variety of holidays and traditions celebrated in different cultures.

**Art Camp: Drawing & Painting** –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.

### Week Eight: August 10<sup>th</sup>-14<sup>th</sup>

**Video Games Camp** – Campers will engage in activities based on some of their favorite video games, as well as create and design their own games and characters.

**Cooking Camp: Breakfast Foods**- We will be making ALL things related to breakfast! Waffles, pancakes, eggs made different ways, and of course BACON!!!

**Yoga, Meditation, & Mindfulness Camp** – This week we will explore various skills, including focus, agility, balance, and breathing. The children will learn a variety of yoga poses, try out meditation techniques, and create some yoga inspired art.

**Wilderness Adventures Camp** – Campers who like to hike, climb, and explore the outdoors will love this week as we discover nature. Geocaching, tree identification, survival skill training, and nature art projects will be part of this week’s activities.

### Week Nine: August 17<sup>th</sup>-21<sup>st</sup>

**Fear Factor Camp**- Find out if fear is a factor for you. Campers will participate in a variety of kid-friendly tasks, such as reaching into mystery buckets, trying out unusual food, and completing physical challenges.

**Top Chef Camp** - Our young chefs will compete in food challenges this week. They will focus on selection of ingredients, combinations of flavors, and the aesthetics of plating their dish.

**Medieval & Renaissance Camp** – Learn the ways and customs of the Medieval and Renaissance times...archery, sword fighting, juggling, and various foods. We will also learn about the history and art of this time period.

**Messy Camp** – This week campers will be getting messy....so make sure to wear your old clothes. We will make all the traditional messy projects such as Goop, Gak, and Slime! We will also introduce exciting new activities during our annual camp Messtival.

### Week Ten: August 24<sup>th</sup>-28<sup>th</sup>

**Hockey Camp** – Campers will learn game rules, practice drills, and of course play games! *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

**Mythology Camp** – Campers will explore ancient cultures, build replicas of mythological structures, and create crafts inspired by the cultures. They will also have the opportunity to learn about different mythical creatures, such as unicorns, mermaids, fairies, centaurs, and dragons!

**Restaurant Camp** – Campers will take a closer look at the ins and outs of restaurants. Some of their challenges will include creating a menu, designing a restaurant, cooking a variety of food, and serving their counselors!

**Famous Artists Camp** – The campers will spend this week exploring and discovering the lives and works of some of the world’s most famous artists. They will create works inspired by the styles of Vincent Van Gogh, Frida Kahlo, Andy Warhol, and so many more.

### Week Eleven: August 31<sup>st</sup>-September 4<sup>th</sup>

**Recreational Games Camp** – Play all the traditional camp games here, such as MAT ball, kickball, capture the flag, knockout, and more!

**Beads & Bands Camp** – Create many of your favorite camp crafts from the summer, including loom band bracelets, fuse bead creations, and animal bead keychains.

**Music Camp** – In this camp, campers will enjoy dance parties to their favorite songs, be introduced to new genres and styles of music, and even explore a few instruments.

**DIY Snacks Camp** – This week, our young chefs will build up their repertoire of snacks they can make on their own as they make and taste test many new recipes.