



Expressive Beginnings Summer Camp 2022 - Specialty Camp Descriptions

***** Every child will be able to participate in ALL THEE CAMP EVERY DAY*****

Week One: June 21st-June 25th

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.*

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 28th-July 2nd

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.

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 6th-9th

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

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 12th-16th

Football & Cheer 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. During this week campers will also get a chance to 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 19th-23rd

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!

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.*

Holiday Camp- Campers will celebrate, share traditions, and learn about different holidays celebrated throughout the year. They will get a chance to dress up, decorate the classroom, and try delicious holiday foods.

Week Six: July 26th-July 30th

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!

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 2nd-6th

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.*

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 9th-13th

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.

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 16th-20th

Game Show Camp- Come see if you have what it takes to win big playing our versions of classic television game shows. We will play kid friendly versions of games such as Jeopardy, Wheel of Fortune, Minute To Win It, and many more!

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 23rd-27th

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.*

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 30st-September 3rd

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

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.