

Expressive Beginnings Summer Camp 2023 - Specialty Camp Descriptions

Week One: June 21th-June 23th

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.

Sewing and Weaving Camp- Campers will learn different weaving and sewing techniques while creating unique and useful works of Fiber Art.

Week Two: June 26th- June 30st

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.

Gardening and Landscaping Camp- This week campers will put on their gardening gloves and get a dirty while learning the basics of gardening and landscaping. They will help in the garden, plant flowers, and help to create beautiful landscapes here at Expressive Beginnings.

Week Three: July 3th- July 7th

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 Studios Camp – This week campers will explore the world of Walt Disney Studios. They will participate in activities themed to different Disney movies and franchises such as Encanto, Mickey Mouse, Star Wars, and Marvel.

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!

Dance Camp- Put your dance skills to the test in this week's dance camp. Campers will learn different dance moves, choreography, and put on a dance performance for their peers.

Week Four: July 10th- July 14th

Football Camp- If you are a football fan this camp is for you. Campers will participate in drills, practices, and games throughout the week, and end the week with a big all camp game. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

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.

Cheer Camp- Practice and show off your cheer moves in this week's cheer camp. Campers will practice choreography, discuss cheer safety, and learn a whole camp cheer routine. *Please indicate if your child is at a beginner, intermediate, or advanced skill level.*

Week Five: July 17th- July 21nd

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.*

Foods Around the World 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.

Clay and Wire- This week campers will find their artistic style in clay and wire. They will build and sculpt creations of their own.

Week Six: July 24th-July 28th

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.*

RRJs Got Talent- This week campers will show their talent in our big talent show case! All week campers will practice their talents and perform them for their peers.

Week Seven: July 31st- August 4th

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.

Breakfast Foods Camp- This week our young chefs will be open to trying new and different breakfast foods that they cook together.

Week Eight: August 7th- August 11th

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.

Carnival Club- Win, win, win! This week campers will research various carnival games and get to test their luck playing our versions of the games.

Week Nine: August 14th- August 18th

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.

Sports History- Ever wondered how your favorite sport came to be? This week campers will not only play fan favorite sports such as basketball, football, and lacrosse but learn about their history.

Week Ten: August 21nd- August 25th

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.

STEM Camp- This week campers will participate in various Science, Technology, Engineering, and Math activities and challenges.

Week Eleven: August 28th-September 1nd

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.

Beads and Bands- This week campers will get to explore and try out new processes to make creations using materials such as beads, loombands, friendship string, and boondoggle.