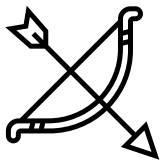


SUMMER CAMP Activities



Archery

A classic summer camp activity. Campers will first learn the proper way to handle the archery equipment and the important safety rules of the range. With a bit of coaching, they will be able to go from barely knowing how to hold the bow to being able to hit the target and in no time the bullseye!

This began as a classic Winter Olympic Sport with cross country skiing and rifle shooting. In the summer, cross-country skiing is replaced with running. Rather than the traditional .22 rifles, we use laser rifles instead. Hitting targets under normal conditions can be a challenge, but now with the added raise in heartbeat and adrenaline it gets even more difficult.



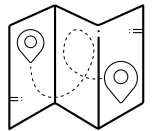
Biathlon



Trail Biking

Trail biking is the activity of riding a bicycle on different kinds of off-road trails. It requires endurance, speed, balance and technical skills to navigate through rough terrains. Unlike road bikers, trail bikers pursue obstacles and see the world as a natural and challenging playground full of winding trails. Trail biking is a dynamic sport that involves a total body workout. Cycling also boosts riders' balance, coordination and stability. Exploring the outdoors and changing scenery on every ride makes trail biking also a mentally relaxing and stress-relieving activity.

How do you use a compass? Can you read a map? Orienteering is a great sport to learn or improve these useful skills. Navigating the wilderness from point to point with no trails, just a map and a compass to find your next location is a challenge.



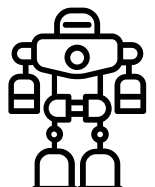
Orienteering



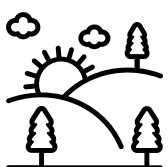
Hydroponic Gardening & Culinary

Where does your food come from? Campers will have the opportunity to plant and harvest food from our Hydroponic Gardening System. Hydroponics is the future of crop growth, can be done inexpensively on just a kitchen counter or windowsill. With challenges of food growing become evident, this practical learning experience could create new food sources and opportunities for participants. By learning the basics of hydroponics, campers will see how plants grow up close, watching them develop to produce their fruits or herbs, and learn the science behind hydroponics. Our Culinary team will then provide hands on lessons showing how to turn these foods into easy and healthy meals.

Everything from cars and smartphones to thermostats and gaming consoles are tied to robotics and mechanical engineering. Whether kids dream of becoming a hardware designer at Apple or an aerospace technician at NASA, robotics teaches the skills required to make those goals a reality.



Robotics



Hiking

Hiking is a great way to reap the benefits of what nature has to offer. The experience of hiking is unique, providing benefits beyond those of just walking. Varied terrain and changing scenery not only oxygenates your blood and exercises your muscles, it helps keep your mind sharper, your body calmer, and enhances your creativity.

What would summer camp be without classic camp arts and crafts? Making lanyards, friendship bracelets and many more fun and useful items. Crafts can improve motor skills, problem solving, creativity, and self-esteem.



Arts & Crafts