

## **Christ Church Spirit Camps Camp Descriptions**

### **Art**

Explore various art mediums by doing art projects based on different themes each week. Art emphasis is on fun and creativity where campers get a chance to cut, arrange, and dab as they work on craft projects, drawing, painting skills. Please bring a smock daily and prepare to create your own masterpiece!

1. Nature week- Using nature's resources be pleasantly surprised as art projects are made from and discovered through God's majesty.
2. Around The World- Pack your Passport! Learn different styles and techniques from around the world.
3. Science Week- Make interesting pieces by mixing and applying different mediums and techniques to create abstract art.
4. Tie Dye Week- Learn the different techniques to Tie Dye. Be ready to transfer your pearly white t-shirts, socks, and other fabric materials into rainbow art!

### **Basketball**

Learn, refine, and maximize basketball skills through drills, lead-up games, relays, and "real-game" action every day. Play games like Mission NBA, Basketball Relays, Dribble Tag, Knock-Out, and Jump Rope Dribble that enhance skills while having fun.

### **Beginner Lacrosse**

Basic Lacrosse skills for boys and girls are taught by experienced lacrosse players. Learn basic skills of catching, cradling, and passing, as well as offensive & defensive tactical skills as well as rules of the game. Bring your own lacrosse stick, mouth guard, and water bottle. Girls bring lacrosse goggles and boys bring helmet and gloves.

### **Cheer & Tumbling**

Cheer & Tumbling Camp teaches and refines all cheer skills. Campers will learn and improve on skills in tumbling, motions, stunts, jumps, and dance. They will work as a team for routines including synchronization, timing, formations and spacing. Cheer Camp will work on routines and have a performance on Friday for the entire Spirit Youth Camps for that week! If you are someone who has a ton of energy and loves to raise your voice (& the roof), then this camp is for you!

### **Circus**

Learn amazing skills: 1-Walk on our professional lowered tightrope, 2-Balance and walk on our barrels and dome ball of different sizes and levels, 3-Try your skill on a unicycle or practice on our unicycle with training wheels, 4- Work different challenges on a pogo stick or air pogo, 5- Balance on a balance board, balance disc, or Bongo Board, and 6- Fly in the air of our human catapult board! Learn to make balloon sculptures and animals, juggle fun objects, and work on tumbling and acrobatics. Don't run away to join the circus. Try our Circus Camp instead!

### **Creative Games & Team Building**

The Creative Games & Team Building Camp has the campers participate in creative activities, innovative games, group team-building challenges, and fun cooperative activities. Make home-made ice cream with our ice cream soccer ball, be a human bowling ball, launch water balloons with our super bungee cord, learn to use juggling sticks, and play Hamster Relay, Moon Rock Samples, Puff Ball Dodge, and Team Paddle Race. If you are looking for a camp that is different from all of the others, then this camp is for you!

### **Drama & Theater Arts**

Actors and Actresses will work on acting exercises, monologues, improvisation, storytelling, skits, and mini performances to explore and sharpen their skills for both stage and screen as they take turns being in the spotlight. Drama campers get an opportunity to perform in front of their peers with a performance on Friday for the entire Spirit Youth Camps for that week!

### **Flag Football & Ultimate Frisbee**

This non-contact camp gives campers the opportunity to develop, improve, and compete in 2 sports that have similar rules and skills. Throwing, pass patterns, fleeing, evading, offense, and defense are skills and challenges that campers will work on in drills, stations, small groups, relays, and big game activities. This camp is designed for beginner to experienced players and will be grouped according to age and levels.

### **Girls Club**

This camp is exclusively for girls only- Group fitness challenges, cooperative games and innovative activities. Play games like Puff Ball Laser Tag, Human Bowling, Pirates Gold, SmakaBall, Turkey Ball, Amoeba Tag, and make home-made ice cream with our ice cream soccer ball. Let's hear it for Girl Power!

### **Gymnastics & Dance**

Are you ready for the next Olympics? It's time to flip, tumble, and dance with Gymnastics & Dance Camp! Campers will participate on floor exercise, mini-trampoline, tumbling moon bounce, vault, parallel bars, high bar, rings, and balance beam. Campers will also work on rhythm and dance movement skills, recreational games, and activities. This camp will work on routines and have a performance on Friday for the entire Spirit Youth Camps for that week!

### **Human Bubble Ball**

Human Bubble Ball where the campers play creative games as well as work on skills in traditional sports such as soccer, football, and basketball while enclosed in a life-size bubble. The Zorb Ball cushions the campers as they perform challenges, work on sports skills, participate in creative challenges, work the Ninja Obstacle Course, and play games such as Bubble Soccer, Bubble Ball Tag, Human Bowling, Dodge Zorb, Mongo Ball, Sumo Wrestling, Rolling Relay, and Bubble Ball Tumbling. Join the latest sports craze, with a twist - Fitness & Fun for everyone!

**Indoor Games & Activities**

Tag games, relays, activities, and fitness are all part of this camp. Games and activities will be planned using paddles, scoops, puff balls, bean bags, scooters, beach balls, mats, soft play balls, kick-balls, rhythm balls, human bubble balls, parachutes, and more to play traditional and creative games,

**Kids Cooking**

Create and prepare meals. Learn about cooking techniques, food presentation basics, and have fun making nutritious cuisine from a variety of food groups. Make home-made bread, prepare home-style pizza from scratch, and cook delicious pasta meals. The best part is eating and sharing their masterpieces with each other every day!

**Magic, Juggling, and Balloon Sculptures**

You are invited to learn the magical, mystical secrets of your favorite bespectacled wizard. Float objects in the air, make things vanish and check out camp illusions just like the professionals! Campers will get a chance to make their own magic tricks, work on real magic tricks and illusions. Included in this camp, campers will create balloon sculptures and learn how to juggle different objects. Magic Camp campers will work on magic routines and have a performance on Friday for the entire Spirit Youth Camps for that week!

**Ninja Warriors**

This is a fun camp that covers obstacle courses, self-defense basics, and anti-bullying techniques through agility challenges, creative games, and recreational activities. This camp will work on basic martial arts skills, but there are no belt levels. Accept the challenge and be ready to compete, just like in the TV show!

**Outdoor All Sports**

Campers will play a multitude of games and sports every day- basketball, football, soccer, kickball, flag tag, volleyball, Ultimate Frisbee and Frisbee golf, and other outdoor games and activities are all a part of this camp. If your child is athletic, loves sports, and has a lot of energy, then this is the camp!

**Puppet**

Learn about different puppetry forms, including stick puppets, sock puppets, shadow puppets, marionettes, and hand puppets. Work with the larger than life professional, moppet-style puppets. Practice ventriloquism, design a puppet, and work on a script to perform on Friday for the entire Spirit Camps for the week.

**Recreational Games & Sports**

This camp will include indoor and outdoor games and sports. Team Hand Ball, Frisbee Golf, Horse Shoes, Corn Hole, Shuffle Board, Ring Toss, Kick Ball, Whiffle Ball, Four Square, Tether Ball, and much more are all part of this camping experience!

**Soccer**

Campers work on foot skills- dribbling, passing, shooting by working skill development lead-up games, relays, activities, and tactical awareness. Play games like Soccer Ball Tag, Soccer Knock-out, Keep-Away, Builders & Bulldozers, 4 Corner Soccer, and much more!

**Softball/Baseball**

This camp gives the campers the tools and confidence needed to prepare for playing the game. This camp will work on improving FUN-damentals in throwing, catching, fielding, hitting, and base running. Campers will work on drills, small game activities, and strategies and gain an appreciation and love for the game. Bring your own glove.

**Song & Dance Performance Camp**

Work on singing, theater movement, and dance as a performance arts ensemble. Broadway songs, animated musicals and/or karaoke favorites add to the learning of dance, theater and musical skills. The theme this summer is "Bring Us to Broadway," with a performance on Friday for the entire Spirit Youth Camps for that week! Do you like Glee, American Idol, The Voice, and/or Summer School Musical? Then this camp is for you!

**Zany Science**

Our campers will learn science principles with the use of basic materials, simple machines, and their imaginations to shoot fog rings, make it snow indoors, make magical gel balls, create in-edible gummy worms, shoot rolls of toilet paper, throw aero-dynamic tubes across the field, and float beach balls in the air! This is a hands-on science experience that will captivate any camper. Eureka- Science is educational, entertaining, and fun!