

<b>Summer Enrichment Activities</b> (Some activities are not offered every week)		
<b>Age 6 to 8 Years</b> <b>(1<sup>st</sup>-3<sup>rd</sup> Grade)</b>	<b>Age 9 to 11 Years</b> <b>(4<sup>th</sup>-6<sup>th</sup> Grade)</b>	<b>Age 12 to 14</b> <b>(7<sup>th</sup> -9<sup>th</sup> Grade)</b>
Arts & Crafts Cooking Dance Engineering Fitness and Fun Science Experiments Sports – Basketball, soccer, softball, tennis, bowling, kickball, flag football	Arts & Crafts Cooking Dance Engineering Fitness and Fun Science Experiments Sports - Basketball, soccer, softball, tennis, bowling, kickball, flag football, track & field Theater	Arts & Crafts Cooking Dance Engineering Fitness and Fun Science Experiments Sports - Basketball, soccer, softball, tennis, bowling, kickball, flag football, track & field Theater

### Enrichment Activities Descriptions

- **Arts & Crafts**  
 Learn to tap into your creative side and explore the world of art. Drawing and painting techniques. Elements of line, form, color, and design will be covered each week.
- **Cooking**  
 Campers will learn about kitchen and food safety, food preparation, and food history. Work with incredible ingredients and fun equipment to serve up all kinds of fun and delicious dishes.
- **Dance**  
 Campers will explore the fundamentals of ballet, hip-hop, liturgical, lyrical, and modern dance. Campers will develop musicality, choreographic skills, strength, and confidence.
- **Fitness and Fun**  
 Exploring movement in various sports, physically-active games and overall wellness. Each week has a different schedule of games and sports that could include: Sports such as soccer, volleyball and tennis, relay races and parachute games, and water day - water games (no swimming). Campers will enhance their agility, balance, coordination and social interaction.
- **Science Experiments**  
 Each day campers will learn about a different topic and complete an experiment together. These experiments do require materials, but most are easily found around the house.
- **Theater**  
 Campers will learn the art of bringing stories to life as they create original short plays. They will present a reading of their new play, and demonstrate the skills they learned in writing, acting and making simple props to help tell their story.

## **Sports**

- **Basketball**

Campers will learn a brief history of the game, rules, and drills that will help develop fundamental skills. After basics are covered, we'll get into the game!

- **Soccer**

Sharpen your skills with fancy footwork! Learn proper kicking techniques, drills, and scrimmage to strengthen those skills.

- **Track & Field**

Run. Jump. Throw. Fun! This week will focus on relays, long jumps, and other field games that will bring out the Olympian in your camper.

- **Volleyball**

This introduction to volleyball will focus on team play and teaching campers essential skills like serving, passing, and hitting.

- **Flag Football**

All skill, no contact. Campers will learn positions, rules, and technique, then have the opportunity to apply what they practice on the field.

- **Tennis**

For beginner and intermediate players, focuses on developing stroke and serving techniques while teaching players how to use the strokes in play appropriately.

- **Bowling**

Bowling is the perfect sport for a hot summer day. This week we will introduce campers to proper ball release, balance, timing, and bowling etiquette.

- **Kickball**

Kick, run, throw, and catch. Those are just a few of the skills we will focus during on this week of friendly competition.