

## ACTIVITY DESCRIPTIONS

### Arts and Crafts:

**Arts and Crafts-** Time to get creative! With tie-dye, beadwork, nature crafts and more, we can't wait to see what you create.

**Drawing and Painting** –Learn basic drawing and painting techniques with acrylics, pastels, watercolors, charcoal sticks and pencils. You'll learn how to make use of color, shading and proportion to create something special to take home.

**Friendship Bracelet Making** – Love to make friendship bracelets? This is the perfect opportunity! Learn how to make a different type of bracelet every day and share your creations with your new camp friends.

**Pottery Flat** – If you can imagine it, you can make it! Learn how to make coil and pinch pots, nature impressions and anything else that your heart desires. Take home your finished pieces as a memento of friendship and good times.

**Pottery Wheel** – Good, messy fun with the pottery wheel! Learn how to make bowls, mugs, or any other creation you can think of. You can even glaze your item and take it home to use until you make a new masterpiece next summer.



### Aquatics:

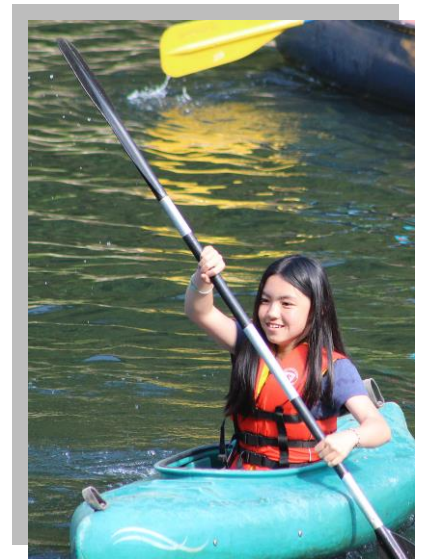
**Kayaking** – Race around Friendship Lake in your very own kayak this summer, passing under the bridges, swerving around the floating docks and splashing through the water fountain. Kayakers will learn the proper techniques and safety practices through fun and challenging games that encourage individual skill development.

**Lake Canoe** – Get the chance to explore the entirety of Friendship Lake as a team with your canoe partners – you might even spot one of our friendly turtles on your adventure! You'll learn how to control the canoe from various positions through exciting canoe games that are bound to have you coming back for more.

**Stand Up Paddleboarding** – Master the art of stand-up paddleboarding this summer, the latest craze in water sports. Learn how to balance, paddle, steer and race around the Lake. You could even test your balancing skills with some Paddleboard Yoga.

**(Must be in Senior Village)**

**Swimming: Lake** – Can't get enough of Friendship Lake during Free Swim? Lake Swim as an activity will give you more time to play on the rope swing, zip-line, diving board, slide and high-dive. You can also choose to hang out under the pavilion and chill on the beach or floating docks with your friends.



**Swimming: Pool** – Our Junior Olympic sized pool is the perfect place to cool off during the hot summer days. If you wanted more time to hang by the pool outside of Free Swim, choose Pool Swim as an activity and spend more time relaxing in the shallows or taking the plunge off the diving board.

**Water Aerobics** – Can't get enough of the pool or dance? Then this high energy, low impact activity that's great for all fitness levels is the activity for you! With popular, fist-pumping music and easy-to-master exercises, you'll get a great workout without even breaking a sweat.

**Waterpolo** – Have fun learning the ins and outs of this popular, fast-paced water sport. You'll learn how to handle the ball, the techniques of passing and communication and you'll get the chance to put all your new skills to the test in mini-matches. **(Must be in Senior Village)**



### Performing Arts:

**Dance** – Learn to express yourself through movement and have loads of fun in the process! All levels and styles are welcome. Campers can try their hand at choreographing pieces of their group's dance and work towards a performance at closing campfire.

**Digital Photography** – They say a picture is worth a thousand words, so why not develop your picture-taking skills by getting creative around camp with your camera in-hand! You'll learn how to use the different camera modes as well as how to use photo editing software to create a totally unique end product that will serve as a great memoir of your summer at camp!



**Drama Workshop** – Whether your style is more Shakespeare or “Whose Line Is It Anyway?”, you'll have the chance to display and develop your talents in this fun drama class. To act or not to act? That is the question.

**Camp Media** – Whether your passion is graphic design, writing, interviewing or reporting, we want you to be included in a weekly blog for Camp! Share your adventure, memories and tips with other campers and see your work on our Camp Friendship website!

**Glee** – Do you have the urge to spontaneously break out into song? Come and have a blast singing the songs you love and learning about voice control techniques, pitch and harmonies. Not only will you get to sing songs but you will get to write songs as well. And not to mention the chance to perform them in front of a camp-wide audience at closing campfire!



**Video Production** – Want to learn the skills to make your own movie or music video? Try your hand at filming, directing and editing your own video. Then watch your masterpiece play out before your very eyes!

**Zumba** – This fun fitness class blends elements of dance and aerobics into a high-energy, fun-filled session that will get your endorphins flowing! Zumba's choreography incorporates hip-hop, samba, salsa, mambo and martial arts and gives campers a chance to experience the different music associated with these dance styles.

## Sports:

**Aerial Silks** - Feeling confident on the ground? Learn to master basic skills and tricks in the air in this fun and challenging aerial skills class in our state-of-the-art Gymnastics Centre.

**Badminton** – Roll on up to play this fun, fast-paced racket sport! Learn the rules as well as how to serve and smash that birdie around the court!

**Basketball** – Could you be the next Michael Jordan or play in the WNBA? Get your start by learning all the skills of the game including passing, shooting, dribbling and dunking!

**Cheer and Tumble** - A dynamic class for you to learn the basics or develop skills you already have with our fantastic Gymnastics staff!

**Fencing** – A class with a point! Safely learn the age-old art of fencing including stance, techniques and strategies. *All protective equipment is provided.*

**Flag Football** – Touchdown! Whether you are a seasoned veteran or a complete beginner, this activity will have you running, dodging, catching, throwing and scoring as part of a team. See how many flags you can tag!

**Gymnastics** – All levels of gymnasts are welcome to flip and tumble through the many fun elements at our Gymnastics Center.

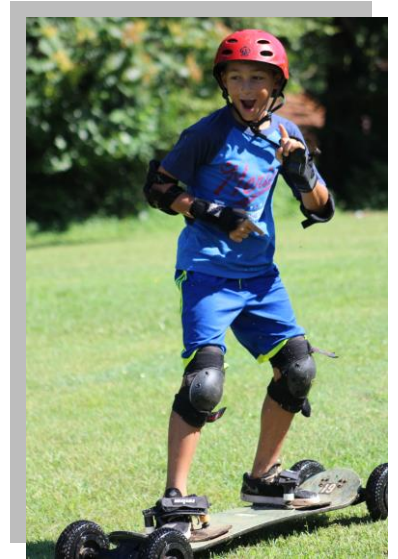
**Mountain Biking** – Take to the wooded trails and see some of the muddiest parts of camp! With challenging hills and passes, this activity is a great way to get into biking and see a portion of our beautiful 520 acres at the same time. *Helmets are required and provided. (Must be 10 or older and at least 4’6”)*

**Mountain Boarding** – The ultimate camp adrenaline rush for all ages, mountain boarding is a cross between snowboarding and skateboarding. Campers will learn to master the art of tackling Overlook Hill with all its challenging mounds and dips. *Helmets and protective pads are provided.*

**Soccer** – Learn to master the most popular sport in the world on Camp Friendship’s sports fields! Campers will learn the techniques of shooting, dribbling and passing through enjoyable drills and games and will also have the chance to practice their skills in mini-matches throughout the week.

**Sports Variety** – Do you love all sports and can’t pick just one? This class allows for a different sport each day. Try your hand at Gaga Ball, Frisbee, Hockey and many more!

**Tennis** – Rank among the likes of Serena Williams and Rafael Nadal! Receive great instruction from our ace tennis team including our own USPTA certified tennis professional. Develop your game based on individual strengths and work on stroke, footwork, tactics and match preparation.





**Volleyball** – Have a shot at serving, bumping, setting and spiking on our beach volleyball courts. You'll learn a new skill or improve your current skills and get practice working as a team player.

**Yoga** – A great form of exercise for the body, mind and soul. Our fun yoga poses work on strength, flexibility and balance and offer a relaxing workout amidst the summer madness.

### Target Sports:

**Archery** – Want to rank among the likes of Katniss Everdeen, Hawkeye or Robin Hood? Archery class will teach you how! Spend time at our outdoor archery range learning how to handle your bow, knock your arrows and the different techniques that will allow you to hit that prized bullseye.



### Best of the Rest:

**Fishing** – Are you hooked? Head to the lake for some wormy fun where you'll have the chance to catch-and-release Bass, Blue Gill, Sunfish and Catfish at Friendship Lake. Plus you're sure to see a turtle or two while you wait for the Big One!

**High Ropes** – For the adventure-seeking senior camper, our High Ropes course offers exciting mental and physical challenges with elements such as the Pamper Pole, Stairway to Heaven & Jacob's Ladder. **(Must be in Senior Village)**



**Wilderness Survival** – Think you could be the next Bear Grylls? Get all the skills you'll need to survive out in the wild, from how to build a fire to how to make a shelter, this activity will prepare you for the unknown!

**Dungeons and Dragons** – A new addition to our list of camp activities, campers will learn team work, improvisation, creative problem solving, and many other skills all while exploring a fantasy world filled with magic and adventure! Be it wizard, warrior or bard, everyone will have the chance to create their own unique character! Join the fight against giants, evil skeletons, and (of course) dragons!

