

Classes for Traditional Overnight Camp

Choose 4 periods worth of classes. Some classes are 2 periods long. In case your class is not available choose an alternate class and list it in the space provided on the application. Be sure the class you are choosing is available the week you are going. Some classes also have additional fees for materials. There is a column on the camp application to reflect this fee.

Class #	Class Name	Availability & Number of Periods	Class Description
1	NEW! Outdoor Cooking & Wild Edibles	Available all weeks Uses 1 class period	This class explores all kinds of outdoor cooking from the traditional to the "high-tech"! Participants will learn to safely cook over campfires and propane stoves, prepare simple meals using "back packable" ingredients, and experience such interesting wild edibles as dandelion fritters and burdock soup!
2	FISHING—AQUATIC EDUCATION	Available all weeks Uses 2 class periods	Class size limited to 30 campers per week Whether you take fishing seriously or do it as a leisure activity, there's nothing like feeling a tug on the end of your line! Campers will learn about fishing techniques, fish habitat and safety, while fishing from rowboats. Poles and equipment provided.
3	ADVENTURE COURSE—LEVEL 1	Available all weeks Uses 1 class period	Age limit 8 and up Campers in the Level 1 class participate in a variety of games and fun group initiatives designed to develop trust and teamwork.
4	ADVENTURE COURSE—LEVEL 2	Available all weeks Uses 2 class periods	Age limit 12 and up or 11 and up with Level 1 experience Level 2 participants focus on team-building and communication skills through the use of group initiatives and low ropes elements. Campers also learn spotting and safety techniques.
5	ADVENTURE COURSE—LEVEL 3	Available Weeks 4–6 Uses 2 Class Periods	Age limit 13 and up with at least 3 years of Adventure Course experience Campers who have participated in the Adventure Course for three years and are at least 13 years old will spend the majority of their time on low & high elements including the Burmese Bridge and the Zip Line. They will also learn knot-tying, belaying, and other advanced skills.
6	ARCHERY—NOVICE	Available all weeks Uses 1 class period	Campers learn the parts of the bow and arrow, archery safety, and practice to develop shooting skills.
7	ARCHERY—ADVANCED	Available Weeks 4–6 Uses 1 class period	Campers learn the parts of a compound bow and develop advanced shooting skills. Designed for those who have archery experience.
8	NEW! WEAVING & PAPER MAKING	Available all weeks Uses 1 class period	What do mats, rope, and paper all have in common? All are related to textiles and all are made from plants, of course! This new class uses Cornell's Garden Based Learning Project to introduce campers to the time-honored skills of weaving, rope and paper making using a variety of raw material. Take home a hand-made souvenir!
9	NEW! DRAMA	Available all weeks Uses 1 class period	Develop your stage presence while hamming it up with friends in this exciting new addition to our class lineup. Campers will have a blast while working on simple theatrical performances under the guidance of our most charismatic counselors.
10	SAILING	Available all weeks Uses 1 class period	Campers will be able to identify the main parts of a sailboat, learn rigging and shoring procedures and understand how to right an overturned or tipped sailboat. Campers must wear life jackets and are under the supervision of Red Cross Certified Lifeguards.
11	CANOEING AND KAYAKING	Available all weeks Uses 1 class period	J-Stroke, C-Stroke or Draw? Learn the difference between these types of canoe strokes and glide effortlessly across the water! Camp has added kayaks to its water sports fleet, giving campers an opportunity to try out this exciting sport.

Class List Continued 

Class #	Class Name	Availability	Class Description
12	FOOD, FUN & FITNESS!	Available all weeks Uses 1 class period	Campers will learn the basic components of a healthy diet and be introduced to fun fitness activities, including yoga.
13	ROCKETRY	Available all weeks Additional class fee \$14 Uses 1 class period	Campers will be introduced to the science of Model Rocketry as they learn about different types of rockets and recovery systems. Rocket safety will be an important part of all activities. The class will culminate on Friday with campers launching a rocket which they have constructed themselves.
14	CAMP CRAFTS	Available all weeks Uses 1 class period	This class allows campers to take home a camp memory. Campers will create a variety of traditional camp crafts and new projects.
15	AIR GUN MARKSMANSHIP	Available all weeks Uses 1 class period	Feel the sense of accomplishment as you improve your target score with every shot! Campers will use air-powered pellet guns to learn gun safety, range procedures and basic marksmanship, while under the careful supervision of 4-H Shooting Sports staff.
16	Team Fun	Available all weeks Uses 1 class period	Campers will stay active, have fun, and develop teamwork by playing a different team sport each day, including soccer, monkeyball, kickball, volleyball, etc. This class is sponsored by the St. Lawrence Health Initiative's Eat Well Play Hard Community Project, a grant funded by the NYS Department of Health.
17	QUILTED PILLOW	Available week 3 & 5 Uses 2 class periods Additional Class fee \$10	Class size limited to 10 campers per week ages 10 and up. Campers will make their own quilted pillow to take home. All supplies and sewing machines will be provided. Class instructor will be Linda Tuggey.
18	BASKETRY	Available Week 4 only Uses 2 class periods Additional Class fee \$20	Sorry ... If you have taken this class in the past you will not be accepted this year. Class size limited to 10 campers per week ages 10 and up. A local basket maker will teach campers how to make a beautiful reed basket that they will be proud to take home!
19	BUILD A BENCH	Available Week 5 only Uses 2 class periods Additional Class fee \$25	Class size limited to 10 campers per week ages 12 and up. Campers will learn the fundamentals of pioneer woodworking using primitive tools. Campers will then fashion their own half-log wooden bench to take home (or leave at camp if you prefer).
20	COUNSELOR IN TRAINING PART 1	Available Weeks 3, 4 and 5 only Must be age 14 by June 20 Uses 1 class period	If you are interested in becoming a camp counselor this course is for you! The CIT I program introduces campers to the philosophy of Camp Overlook, including camp traditions, songs, and safety rules.
21	COUNSELOR IN TRAINING PART 2	Available Weeks 3, 4 and 5 only Must be age 15 by June 20 Uses 1 class period	This course is for teens continuing their training as a camp counselor. The CIT II program focuses on leadership styles, the importance of communication, developing teamwork, and techniques for working with children.
22	COUNSELOR IN TRAINING PART 3	New this year... CIT 3's will register as traditional campers and choose CIT 3 as a class choice. Available Weeks 1 and 2 only Must be age 16 by June 20 Uses 4 class period	CIT III – Leadership in the Making - Limited to 15 campers per week. This is a program for campers, 16 years of age, who are looking for a completely unique camp experience! Participants will be involved with all aspects of camp, but be on a separate and specialized learning tract that prepares them for future leadership roles. CIT III's will spend the morning two class periods with the Camp Director/Assistant Director further developing their skills as emerging camp counselors. The afternoon classes (all three periods) will spend conducting in-depth team building and leadership activities that are directly applicable to pursuits in school, college and careers. This exciting experience will allow participants to work closely with their peer group, while developing valuable skills and lifelong friendships. Class limit of 15 per week.