

# classes for Traditional overnight camp

Class #	Class Name	Availability & Number of Periods	Class Description
1 2 3 4	Outdoor Cooking & Wild Edibles	Available all weeks Uses 1 class period	<p>All campers must choose <b>one</b> of these four environmental classes.</p> <p>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!</p> <p><b>Sponsored in part by the Chapin Family in memory of Ruth Chapin.</b> This class will feature the highly recommended Flying Wild curriculum where campers will learn how birds nest, feed, migrate, and utilize their cunning sense of vision.</p> <p>Campers will be instilled with a sense of appreciation for the natural world around them while learning about current climate issues and renewable energy.</p> <p>Campers will engage in hands on experiences that depict how weather works. We will discuss global weather patterns, as well as regional and local patterns.</p>
	CELEBRATING BIRDS	Available all weeks Uses 1 class period	
	RENEWABLE ENERGY	Available all weeks Uses 1 class period	
	WONDERS OF WEATHER	Available all weeks Uses 1 class period	
5	FISHING—AQUATIC EDUCATION	Available all weeks Uses 2 class periods	<p><b>Class size limited to 30 campers per week</b></p> <p>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.</p>
6	ADVENTURE COURSE—LEVEL 1	Available all weeks Uses 1 class period	<p><b>Age limit 8 and up</b></p> <p>Campers in the Level 1 class participate in a variety of games and fun group initiatives designed to develop trust and teamwork.</p>
7	ADVENTURE COURSE—LEVEL 2	Available all weeks Uses 2 class periods	<p><b>Age limit 12 and up or 11 and up with Level 1 experience</b></p> <p>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.</p>
8	ADVENTURE COURSE—LEVEL 3	Available Weeks 4—6 Uses 2 Class Periods	<p><b>Age limit 13 and up with at least 3 years of Adventure Course experience</b></p> <p>Campers who have participated in the Adventure Course for <b>three years and are at least 13 years old</b> will spend the majority of their time on low &amp; high elements including the Burma Bridge and the Zip Line. They will also learn knot-tying, belaying, and other advanced skills.</p>
9	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.
10	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.
11	DRAMA	Available all weeks Uses 1 class period	Develop your stage presence while hamming it up with friends in this exciting performing arts class. Campers will have a blast while working on simple theatrical performances under the guidance of our most charismatic counselors.
12	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.
13	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.

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<b>14</b>	<b>TEAM FUN &amp; FITNESS!</b>	Available all weeks Uses 1 class period	Campers will learn the basic components of a healthy diet and be introduced to fun team activities.
<b>15</b>	<b>ROCKETRY</b>	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.
<b>16</b>	<b>CAMP CRAFTS</b>	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.
<b>17</b>	<b>AIR GUN MARKSMANSHIP</b>	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.
<b>18</b>	<b>New! First Aid</b>	Available Week 3 Only	<b>This class will be taught by guest instructor, Jim Tuggey.</b> Do you want to have fun and learn more about first aid practices? If you do than this is the class for you! We will cover water safety, bleeding, burns and much more. Campers will also learn how to do a spiral bandage, make a sling and splint.
<b>19</b>	<b>QUILTED PILLOW</b>	Available Week 3 & 5 Only Uses 2 class periods Additional Class fee \$10	<b>Class size limited to 10 campers per week ages 10 and up.</b> Campers will make their own quilted pillow to take home. All supplies and sewing machines will be provided. Class instructor will be Linda Tuggey.
<b>20</b>	<b>BASKETRY</b>	Available Week 4 only Uses 2 class periods Additional Class fee \$20	<b>This class will be taught by instructor Linda Buchanan.</b> <b>Sorry ...</b> If you have taken this class in the past you will not be accepted this year. <b>Class size limited to 10 campers per week ages 10 and up.</b> A local basket maker will teach campers how to make a beautiful reed basket that they will be proud to take home!
<b>21</b>	<b>BUILD A BENCH</b>	Available Week 5 only Uses 2 class periods Additional Class fee \$25	<b>Class size limited to 10 campers per week ages 12 and up.</b> 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).
<b>22</b>	<b>COUNSELOR IN TRAINING PART 1</b>	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.
<b>23</b>	<b>COUNSELOR IN TRAINING PART 2</b>	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.
<b>24</b>	<b>COUNSELOR IN TRAINING PART 3</b>	Register as a traditional camper and choose class #25 only. Available Weeks 1 and 2 only. Must be age 16 by June 20 Uses 4 class period	<b>CIT III – Leadership in the Making - Limited to 15 campers per week.</b> 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 be 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.