

# Classes for Traditional Overnight Camp

Class #	Class Name	Availability & Number of Periods	Class Description
<b>1</b>	<b>Wilderness Survival</b>	<b>Available all weeks Uses 2 class periods</b>	One of our most popular classes! Ever wonder what you would do if you got lost in the woods? Do you like to camp and explore? In "Wilderness Survival", you'll learn essential skills to help you be prepared for any adventure in the backcountry. You'll learn how to make shelters, build fires, set up a camp, find your way in the woods, identify safe and unsafe plants, and yes, make some delicious meals from edible plants found in the wild.
<b>2</b>	<b>Eco-Exploration</b>	<b>Available all weeks Uses 1 class period</b>	Do you love being outside and getting dirty, all while exploring and learning about nature? This class is for you! Get wet doing an aquatic investigation for macro-invertebrates, play games to learn about animal adaptations, and be an ornithologist dissecting owl pellets. Many hands-on activities!
<b>3</b>	<b>Intro to Fishing</b>	<b>Available all weeks Uses 1 class period</b>	<b>Class size limited to 20 campers per week</b> This class is a great introduction to fishing techniques. 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 common sportfish identification, knot tying, casting basics, fishing safety and regulations. Campers will then get to try these new skills out on our fishing dock, and if their luck is good, catch a fish! Poles and equipment provided.
<b>4</b>	<b>Advanced Fishing</b>	<b>Available all weeks Uses 2 class periods</b>	<b>Age limit 10 and up. Class size limited to 12 campers per week</b> Do you love fishing? Are you addicted to the thrill of catching the 'big one'? Campers in this class will learn more advance fishing techniques, fish habitat and safety, while fishing from our dock and rowboats. Poles and equipment provided.
<b>5</b>	<b>Adventure Course— level 1</b>	<b>Available all weeks Uses 1 class period</b>	<b>Age limit 8 and up</b> Campers in the Level 1 class participate in a variety of games and fun group initiatives designed to develop trust and teamwork.
<b>6</b>	<b>Adventure Course— level 2</b>	<b>Available all weeks Uses 2 class periods</b>	<b>Age limit 12 and up or 11 and up with Level 1 experience</b> 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.
<b>7</b>	<b>Adventure Course— level 3</b>	<b>Available all weeks Uses 2 Class Periods</b>	<b>Age limit 13 and up with at least 3 years of Adventure Course experience</b> 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 & high elements including the Burma Bridge and the Zip Line. They will also learn knot-tying, belaying, and other advanced skills.
<b>8</b>	<b>Archery— novice</b>	<b>Available all weeks Uses 1 class period</b>	<b>Minimum age 8. No previous archery experience necessary.</b> Campers learn the parts of the bow and arrow, archery safety, and practice to develop shooting skills.
<b>9</b>	<b>Archery— intermediate</b>	<b>Available all weeks Uses 1 class period</b>	<b>Minimum age 10 and 1 year of camp archery experience.</b> This level is intended for those who have taken Archery Novice, but are uninterested, or are not old enough to take Advanced Archery. In this level campers will improve upon their aim and shooting skills.
<b>10</b>	<b>Archery—advanced</b>	<b>Available all weeks Uses 1 Class Period</b>	<b>Minimum age 12 and 2 years of camp archery experience.</b> Campers learn the parts of a compound bow and develop advanced shooting skills. Designed for those who have archery experience.
<b>11</b>	<b>Sailing</b>	<b>Available all weeks Uses 1 class period</b>	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.
<b>12</b>	<b>Canoeing and kayaking</b>	<b>Available all weeks Uses 1 class period</b>	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.
<b>13</b>	<b>Arts &amp; crafts</b>	<b>Available all weeks Uses 1 class period</b>	This perennial camp favorite incorporates a wide variety of art forms including textiles, painting, sculpture, miniatures, crafts from recycled materials and much more! This class allows campers to take home several handmade camp memories on Friday.
<b>14</b>	<b>Painting</b>	<b>Available all weeks Uses 1 class period</b>	<b>Now open to all ages!</b> Explore the wonderful world of painting in this class! Campers will work with both watercolor and tempera paints, and be introduced to many different painting styles. Bring out your inner artist!

<b>15</b>	<b>Drama: Improvisation</b>	Available all weeks Uses 1 class period	Do you love acting, playing games, and thinking on your feet? Develop your stage presence while hamming it up with friends in this exciting performing arts class. Campers will have a blast while working on under the guidance of our most charismatic counselors.
<b>16</b>	<b>"Camp R.A.P." Run &amp; Play</b>	Available all weeks Uses 1 class period	Do you like to move, run, and be active? Come play like you've never played before in Camp R.A.P.! Every day will be a new adventure as you learn some brand new games and play classics like soccer, volleyball, or Capture the Flag. The goal of this class is to "Have FUN" and you will, as you work with your team to become a Rec Field Hero.
<b>17</b>	<b>Air gun marksmanship</b>	Available all weeks Uses 1 class period	<b>Minimum age 10. Child must be able to hold and support the weight of the gun.</b> 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>Rocketry</b>	Available all weeks Additional class fee \$15 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>19</b>	<b>STEM Quest</b>	Available all weeks Uses 1 class period	A series of fun and inspiring hands-on science adventures that will immerse you in exciting investigations and experiments. The activities promote creative problem solving and FUN. The class even involves a chance to work with LEGO Robotics!
<b>20</b>	<b>Let's Get cooking</b>	Available <u>Weeks 3 &amp; 4</u> Only Additional class fee \$10 Uses 2 class periods	<b>Class size limited.</b> Sign up for Let's Get Cooking and you will feel like you are part of Food Network. Each day campers will learn new cooking techniques and skills while focusing on the importance of well-balanced, healthy, and kid-friendly, food choices. By the end of the week campers will have planned, prepared and enjoyed snacks, some desserts and foods from breakfast, lunch, and dinner.
<b>21</b>	<b>BUILD a BENCH</b>	Available <u>Week 5 only</u> Uses 2 class periods Additional Class fee \$25	<b>Class size limited to 8 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. Learn a life skill, and bring home a beautiful piece of Adirondack furniture!
<b>22</b>	<b>PADDLE MAKING</b>	Available <u>Week 5 only</u> Uses 2 class periods Additional Class fee \$15	<b>Class size limited to 10 campers per week ages 10 and up.</b> Have you ever dreamed of carving your very own canoe paddle? Create a work of art that is also functional from Adirondack Cherry wood to bring home! Students will learn the basics of woodworking in this class.
<b>23</b>	<b>COUNSELOR IN TRAINING Part 1</b>	Available <u>Weeks 3, 4 and 5 only</u> Uses 1 class period	<b>CIT I</b> 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>Must be age 14 by June 20</b>
<b>24</b>	<b>COUNSELOR IN TRAINING Part 2</b>	Available <u>Weeks 3, 4 and 5 only</u> Uses 1 class period	<b>CIT II</b> 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>Must be age 15 by June 20</b>
<b>25</b>	<b>COUNSELOR IN TRAINING Part 3</b>	Register as a traditional camper and choose class #25 only. Available <u>Weeks 1 and 2 only.</u> <b>Must be age 16 by June 20</b>	<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.