

# Hope Hohenwald Inc.'s Activities Guide

## **FCA CLUB:**

Four teams assigned to a color will compete against each other for points and bragging rights. These games encourage team building and problem solving. *Volunteer Leader includes Jimmy Jowers. Class Leaders: 3<sup>rd</sup>-4<sup>th</sup>: Kayley Latham, Cole Farr, and Austin Barber. Middle School: Christian Shadix, Cole Woodward, Mya Woodward, and Caden Anderson.*

## **COOKING:**

This activity is a collaboration with the UT Extension Program. TNCEP Program Director, *Shelly Ray*, couples' nutrition education with fun, hands on food prep and service. Campers will try new recipes and learn how to make kid friendly dishes at home. Ingredients and recipes are generously provided with an annual grant through the Extension office. *Class Leaders: Simone Hodges, Haleigh DuPuis, and Kayley Latham.*

## **KARATE:**

Karate for Christ, Just for Kicks, began at The Dwelling Place church in the early 2000s under the instruction of Sensei Jerry Potts and wife Vickie. Every Monday night students of all ages learn the art of Wado-ryu, "The Way of Peace". Karate at Hope Hohenwald Summer Day Camp is an introductory course where students begin learning the basic katas and simple self-defense tips. *The instructors are Black Belts, Austin Barber and Mya Woodward.* Campers will perform Katas at the End of Summer Celebration.

## **STEAM:**

Science, Technology, Engineering, Arts, and Math is a multi-disciplinary activity that includes hands-on fun and learning that encourages critical thinking and creation. *Sydney Thompson* is the instructor. She is currently attending University of Northern Alabama where she is studying Early Childhood Education. Many of the STEAM activities are inspired by her classroom learning experiences. *Assistant Class Leaders will vary based on the day of STEAM.*

## **PARK:**

All campers will enjoy plenty of playground time at Memorial Park. Our city park includes swings, mini rock-climbing wall, monkey bars, slides, and other obstacle challenges. Encouraging interactive play is important for physical and social health. *Class Leaders will vary from 2-3 at each playground session.*

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## **CITY POOL:**

The Municipal Pool is located inside Memorial Park. This public pool is reserved for our campers only on Tuesdays (3<sup>rd</sup>-8<sup>th</sup> graders) and Thursdays (kindergarteners – 2<sup>nd</sup> graders) 9:00-11:00. Dress code is enforced (ONE PIECE bathing suits or a dark-colored t-shirt over a two piece. Tankinis MUST meet. Cleavage should be COVERED) Every camper is required to take a swim test to prove swim abilities. A RED bracelet is a non-swimmer who has difficulty standing in the shallow 3-foot end. These campers MUST wear floaties or a life jacket (provided) and remain in the shallow end. YELLOW bracelet is an intermediate swimmer. These campers are not allowed in waters above chest deep. GREEN bracelet is an advanced swimmer. These campers are allowed in any area of the pool and use of the diving board. A whistle is blown every 15 minutes and campers immediately stop and hold up the arm with the colored bracelet. If a camper is not in the correct area for their colored bracelet, he or she will EXIT the pool until the next whistle blow. If it happens a second time, the camper will lose swim privileges for the rest of the swim time or the following swim time if it occurs later in the swim day. The Municipal Pool provides 4 lifeguards on site for our campers. All Hope Hohenwald Inc.'s staff is CPR/First Aid Certified.

## **DANCE:**

Campers learn a dance routine to perform at the End of Summer Celebration. In the past, dance techniques range from hip-hop, jazz, ballet, and free style. *Instructor Mya Woodward brings her 13 year's dance experience to our camp for the fifth summer. Kayley Latham brings her expertise to our dance department. She has participated in many award-winning dance competitions across the county.*

## **FOOTBALL:**

Flag football is a variant of American football. Instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end a down, and contact is not permitted between players. Campers will learn teamwork while enjoying a favorite sport. *Instructors are third year staff Cole Woodward, Cole Farr, Austin Barber, Julian Jones.*

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### **WAYNESBORO POOL:**

When our local pool was shut down in 2020 due to COVID restrictions, Waynesboro City Pool opened their facilities to our campers and staff. With an overwhelming response, we have decided to continue our weekly trips to their facility. Their park includes a 150 ft slide, 20 ft slide, Diving Well and Kiddie Pool. The same bracelet system and whistle system as explained in CITY POOL is in place there as well as dress code. Four lifeguards are present as well as 9 Hope staff who are CPR/FIRST AID certified. Buses will leave our Hope facility PROMPTLY at 8:00 am on WEDNESDAYS. We will exit the park at 11:00 am and return to Hohenwald by noon. Camper's family are welcome to join us but must pay pool fees at the gate. Transportation is only provided for Hope campers and staff.

### **THEATER:**

For our second musical production, our theater campers (grades 3<sup>rd</sup>-8<sup>th</sup>) will perform "*Happily Forever After*" by Little Big Stuff. "Knights! Castles! Princesses! Dragons! Join Princess Pride, Sir Brags-a-lot, and their curious band on an amazing trek in a very faraway land." This production will be performed during our End of Summer Celebration. *Mya Woodward and Haleigh DuPuis will instruct this program.*

### **BASKETBALL:**

Games as well as drills to learn passing, dribbling, shooting, and scoring will be the focus of this activity. Playing basketball helps improve motor coordination, flexibility, and endurance. It also encourages speed, agility, and strength. This positive physical activity promotes a healthy lifestyle physically, mentally, and socially. Basketball will be played in the park gymnasium or the basketball courts on Forrest Ave. as weather permits. *Instructors include former basketball player Maci Dodson, current LCHS player Caden Anderson as well as Cole Woodward, Julian Jones, and Austin Barber.*

### **CHEERLEADING:**

Hope's Cheer Team will learn chants and cheers and perform for End of Summer Celebration. Concentration of proper technique and presentation will be the focal of cheerleading. This is a new activity for the summer program. *Cheerleading will be instructed by Kayley Latham and Mya Woodward, a former cheerleader and both avid dancers.*

### **SOCCER:**

Youth soccer is the perfect sport for physical activity. Soccer fosters a positive team building culture. Campers will learn the basics of passing/shooting, dribbling, controlling the ball, and

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scoring. *Instructors include Cole Woodward, Julian Jones, Caden Anderson, and Austin Barber. Both have extensive experience in recreational soccer as well as organized school teams. Cole has coached and refereed in the local youth soccer program.*

## **CAKE DECORATING:**

Open to any camper 3<sup>rd</sup>-8<sup>th</sup> grade. This instructional course will teach baking and icing techniques. Campers will practice the art of decorating by distinguishing between the different icing tips while practicing on real cakes. Campers will provide cakes for the End of Summer Celebration. *Our very own cake baking Extraordinaire Amanda Pitts will be leading the class, with Maci Dodson, Haleigh DuPuis, and Kayley Latham assisting.*

## **Lewis Co. Library Summer Reading Program Events:**

Campers in grades Kindergarten through second grade will enjoy Friday morning library events at 10:00 am. These outdoor events will take place at the park, library, or other downtown destinations to be determined. Librarian Crystal Nash always includes a fun, well rounded summer schedule that is sure to be a hit with our campers. These events encourage summer reading and socialization. *Class leaders Sydney Thompson, Haleigh DuPuis, Maci Dodson, and Simone Hodges will accompany campers on these fun excursions.*

## **WHIFFLE BALL:**

This activity is open to 3<sup>rd</sup>-8<sup>th</sup> graders. Whiffle Ball is a safe alternative to summer baseball. The game is played much like baseball or softball but with a plastic bat and ball. This activity will be played at the city park. Whiffle Ball promotes good teamwork and physical activity. *Instructors include Kayley Latham, Julian Jones, Austin Barber, Caden Anderson, and Cole Woodward will be assisting.*

## **CHOIR/THEATER ENSEMBLE:**

This year's choir team is available for campers Kindergarten through 2<sup>nd</sup> grade. The Choir will be part of the Ensemble for the Theater production "*Happily Forever After*". Choir members will perform during the End of Summer Celebration. *Instructors are Simone Hodges and Haleigh DuPuis*

## **PAINTING:**

Art classes include canvas painting. This year's class is open to 3<sup>rd</sup>-8<sup>th</sup> graders. Local artist, Angel Hunt, shares her passion of painting with our campers as they create their own unique

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artistic creation. The finished canvases will be on display during the End of Summer Celebration. *Assisting Mrs. Angel is Christian Shadix, m Kayley Latham, and Mya Woodward.*

## **FIT FACTOR:**

NEW THIS SUMMER! Fit factor is designed to help our campers stay fit while having fun. This activity will encourage the campers to work collaboratively instead of competitively to become their very best. A traverse rock-climbing wall and various exercise manipulatives will be the focus of this activity. Throw in some music and dancing and it's sure to be a hit! *Maci Dodson will instruct this class.*