

Hope Hohenwald Inc.'s

Activities Guide

BASKETBALL:

Open to all campers: 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 the weather permits.

Instructors Cole Woodward, Julian Jones, and Austin Barber.

CAKE DECORATING:

Open to any camper 3rd-8th 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 Jackie Breedlove will be leading the class assisting.*

CHEERLEADING/BATON:

Open to all campers: Hope's Cheer Team will learn chants and cheers and perform for the End of Summer Celebration. Concentration of proper technique and presentation will be the focal point of cheerleading. Adding Baton is new activity for the summer program. *Cheerleading will be instructed by Sara James and Mya Woodward, a former cheerleader and both avid dancers.*

CHOIR:

Open to all campers: A Choir is a musical ensemble of singers. The Hope Choir will practice and perform two songs at our End of Summer Celebration. *Instructors are Simone Hodges and Mya Woodward*

Hope Hohenwald Inc.'s

Activities Guide

CITY POOL:

The Municipal Pool is located inside Memorial Park. This public pool is reserved for our campers only on Tuesdays (3rd-8th graders) and Thursdays (kindergarteners – 2nd 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 their swimming 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 their 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 blows. 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 are CPR/First Aid Certified.

COOKING:

Open to K-2nd: This activity is a collaboration with the UT Extension Program. TNCEP Program combines 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.

DANCE:

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

FCA CLUB:

Open to 3rd-8th: 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: 3rd-4th: Kayley Latham, Nathan Hamblin, and Austin Barber. Middle School: Felicia Stewart, Cole Farr, Cole Woodward, and Mya Woodward.*

Hope Hohenwald Inc.'s

Activities Guide

FIT FACTOR:

Open to all campers: 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!

FLAG FOOTBALL:

Open to all campers: 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 thanks to GENYOUTH NFL FLAG!

GAGA BALL:

Open to all campers: Gaga is a fast paced, high-energy sport played in an octagonal pit. Dubbed a kinder gentler version of dodge ball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball. Fun and easy, everyone gets a serious workout.

KARATE:

Open to K-4th: 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 Sensi Austin Barber and black belt Mya Woodward.* Campers will perform Katas at the End of Summer Celebration.

Lewis Co. Library Summer Reading Program Events:

Open to K-2nd: 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.

Hope Hohenwald Inc.'s

Activities Guide

PAINTING:

Open to 3rd-8th: Art classes include canvas painting. This year's class is open to 3rd-8th graders. Local artist, Angel Hunt, shares her passion of painting with our campers as they create their own unique artistic creation. The finished canvases will be on display during the End of Summer Celebration

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.*

SOCCER:

Open to all campers: 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 scoring.

STEAM:

Open to all campers: Science, Technology, Engineering, Arts, and Math is a multi-disciplinary activity that includes hands-on fun and learning that encourages critical thinking and creation. *Assistant Class Leaders will vary based on the day of STEAM.*

THEATER:

Open to 3rd-8th: For our third production, our theater campers (grades 3rd-8th) will perform *Fairy Tale Misfits*. When a mysterious talking groundhog steals young Ellie's homework, she takes off down a hole after it and finds herself in a place where nothing is as it seems — the Land of Rejected Fairy Tale Characters. Here, Ellie meets a crazy assortment of misfits who were cut from the fairy tales we all know and love. This production will be performed Friday, July 21, at 7:00 pm at Rockhouse Coffee Company's event center. *Mya Woodward will instruct this program.*

Hope Hohenwald Inc.'s

Activities Guide

VOLLEYBALL:

Open to all campers: Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. This is a new activity to summer day camp. Instructors are Catherine who plays on the Womens' volleyball team at Freed Hardeman University and Cole Woodward who plays intramurals at Union University.

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.

WHIFFLE BALL:

Open to 3rd-8th 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. **On Friday, July 21st, we will conclude with a Cops and Kids Whiffle Ball game in which our middle schoolers will take on our local law enforcement to try and win the GOLDEN BAT!**