

# Summer Activity 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 Sanctuary Church gymnasium or the basketball courts on Forrest Ave. as the weather permits.

## **DESSERT 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.

## **CHEERLEADING:**

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.

## **BATON:**

Open to all campers: Building Hope Twirlers will learn basic baton passes and twirls as well as simple acrobatics. This activity is located in the 29 Building. Participants will perform at the End of Summer Celebration.

## **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

## **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. 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.

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## **COLOR GUARD:**

Open to middle school girls. Color Guard will be a class taught by Lewis County's Alumni Felicia Stewart with the assistance of Christian Shadix. Color Guard is a performing arts activity that combines dance, music, coordination, and the use of flags. Color Guard participants will perform at the End of Summer Celebration.

## **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.

## **DRAMA:**

Open to K-2<sup>nd</sup>: Drama allows campers to use their creativity on stage through interpretative movements including sign language, props, or other means to tell a story. Drama participants will perform at the End of Summer Celebration.

## **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!

## **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.

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

Open to K-2<sup>nd</sup>: 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.

## **PAINTING:**

Open to 6<sup>th</sup>-8<sup>th</sup>: Art classes include canvas painting. This year's class is open to 6<sup>th</sup>-8<sup>th</sup> 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.

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## **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.

## **SEWING:**

Open to middle school campers: Sewing will be a class taught by the UT Extension program. Basic stitching and projects will be completed. This class will take place at the UT Extension office in the War Memorial Building.

## **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.

## **THEATER:**

Open to 3<sup>rd</sup>-8<sup>th</sup>: For our third production, our theater campers (grades 3<sup>rd</sup>-8<sup>th</sup>) will perform TBD. This production will be performed Friday July 24 at 2:00 and 7:00.

## **THEATER TECH:**

Open to middle school campers by appointment: Theater Tech campers will be responsible for set decorating, lighting, sound, and costumes for the theater production. Students interested should inquire with the theater director.

## **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.

## **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 continued our weekly trips to their facility ever since. 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.

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## **WHIFFLE BALL:**

Open to all campers. 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 held at the city park. Whiffle Ball promotes good teamwork and physical activity. **On Friday, July 17<sup>th</sup>, we will have our 5th annual 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!**