

Activity Descriptions

Please see the descriptions of activities being offered this summer. *Note that not all activities are offered each session.*

Archery: campers enjoy improving their bow and arrow skills and keeping up with their progress as they work through the archery ranks.

Arts and Crafts: campers of all ages will love new projects which may include, jewelry making, basket weaving, copper enameling and paper making.

Basketball: a mixture of drills, fun games, and scrimmages designed to help campers improve their skills on the court.

Campfire 101: campfire 101 is a required activity for Sparks (campers entering 10th grade). This activity will offer this group the chance to develop leadership skills doing special camp activities just for Sparks.

Campcraft: a great activity for adventurous girls. Orienteering and geocaching, emergency first-aid, fire-building, outdoor cooking, and camping skills will leave participants ready to spend more time in the great outdoors.

Canoeing: campers enjoy the canoe lake and learning different aspects of canoeing through instruction and games. Campers may have the opportunity to try out their skills on a nearby river or lake.

Ceramics: through various projects campers will learn techniques to increase their skills in hand-building, wheel throwing and glazing.

Dance: campers learn different steps and put them together for a dance routine they perform at the end of the session.

Diving: improving and learning new dives are the focus in diving. Campers must be in Illahee swimming level 5 or above.

Drama (Behind the Scenes): an activity that focuses on stage make-up, set design, and casting techniques to help campers explore the world of theater from behind the curtain.

Drama (Production): campers work on acting techniques while interpreting roles in a musical theater production which they perform at the end of the session.

Faith and Fellowship: for campers entering eighth-eleventh grades; offers a time to be mentored by a camp counselor and to share with peers in a fun and relaxed small group setting. Faith and fellowship explores Christian teachings and God's love in daily lives at camp and at home.

Fiber Arts: campers explore fiber arts through lap looms, inkle looms and floor looms as well as other weaving projects.

Field Hockey and Lacrosse: includes basic instruction with development of both field hockey and lacrosse skills through drills and games **for entering sixth graders and up.**

Fitness for Fun: a fun activity to develop strength, cardio-vascular fitness and coordination through games and exercises. **Recommended for campers through 6th grade.**

Fitness for Life/Aerobics: develops strength and cardiovascular fitness through strenuous aerobics including step aerobics and the Illahee circuit. **Recommended for campers in 7th grade and above.**

Gymnastics: campers move at their own pace developing strength and flexibility through tumbling skills and working on the balance beam.

The Hannah Ford Farm: is a double activity (two periods-three days per week); campers are transported to Illahee's nearby French Broad outpost to take part in hiking, gardening and games. (Note that there will be other sign up opportunities to visit the farm during camp for girls who would prefer a field trip rather than having the farm as a scheduled activity.)

Nature: hands on exploration of the natural world around camp. Small animals, hikes, nature crafts, and field trips to the Pisgah Wildlife Center for Education are all part of the nature program. Turtle tracking and critter hunts are highlights to nature.

Painting: drawing and painting with watercolors and acrylics are great ways for campers to learn various techniques and to enjoy expressing themselves.

Puppetry: campers make their own puppets, props, and scenery and perform a puppet show for the end of the session. Offered for Mini and August sessions only.

Riding: camp riders enjoy hunt seat instruction in three mounted lessons per week. Any camper may take riding; helmets are provided, but each camper must wear her own pants and, if the camper has boots please bring them. Rain boots and hiking boots with lug soles are neither safe nor appropriate. Some riding boots are available at camp. For additional ground lessons, see "Horsing Around". Please estimate your daughter's riding level on the activity form. She will be assigned to lessons accordingly after classification at camp.

Horsing Around: a great class for any level rider interested in building skills and working through the Illahee riding levels. During these unmounted lessons campers learn about feeding, grooming, veterinary care, and other areas of horse management. A camper may sign up for both Horsing Around and Riding.

Vaulting: a form of gymnastics on horseback; campers learn balance, grace, and teamwork as they perform gymnastic moves first on a stationary mount and later at a walk and trot. Breeches and/or leggings are the most comfortable attire, but are not necessary. Boots are not needed. A camper may sign up for both vaulting and riding.

Riflery: an Illahee favorite, riflery emphasizes gun safety as girls improve their shooting skills using air rifles and .17s and earn riflery association awards.

Running Club: a new activity for girls who want to stay in shape for sports or to learn about running as a lifelong sport for fun and fitness. The program will be tailored for both beginner and experienced runners who want to enjoy Illahee's trails. Appropriate footwear needed.

Sew Unique: create your own unique projects learning a variety of useful stitches and techniques.

Soccer: a popular sport with campers who enjoy scrimmages and drills to help them improve their game.

Swimming: Campers are required to participate in instructional swimming until they complete Illahee's level 6 course or the equivalent which is based on the American Red Cross program. The Illahee waterfront is an important area of camp and we emphasize the necessity of campers to be strong swimmers to develop this important life skill. Please send a copy of certification to camp if Level 6 is completed at another facility. (The YMCA equivalent to ARC Level 6 is Flying Fish.) If you are not sure of your daughter's level, an estimate is fine. All new and returning campers will take part in a swim classification on opening day or within the first two days of classes to confirm their skill level and to be

placed appropriately. Occasionally campers who have taken swimming at another facility to pass out will still need to complete through Level 6 at Illahee in order to be water safe on the lake. **Note that a one-piece bathing suit is required on the waterfront.**

Splash: for those campers who love the Illahee waterfront! Splash is a period of free swim and water games with a chance to enjoy the water slide and the Tarzan rope. Splash is a choice period option offered daily as well. Wearing a lifejacket during Splash may be required of some level 3 and 4 swimmers to prevent fatigue. A one-piece bathing suit is required on the waterfront.

Synchronized Swimming: a traditional favorite; campers learn water ballet and a swim routine which is the highlight of the camp swim show. Campers must have passed the Illahee Level 5 or equivalent. A one-piece bathing suit is required on the waterfront.

Sports Unlimited: a fun combination of team sports and field games such as ultimate frisbee, flag football, and kickball.

Tennis: tennis skills and confidence are increased through individual instruction, fun drills, and games. Camper/counselor tournaments are a highlight in the June and July sessions.

Trips Training: for campers entering sixth grades and up, an introduction to kayaking on the lake, climbing instruction on the climbing wall and tower. Trips out of camp are offered as skills increase.

Trips Climbing: for campers entering eighth - eleventh grades; campers will participate in fun and instructional rock climbing trips out of camp for three days each week (campers' other activity choices meet on alternate days). Campers in Trips Climbing are unable to take horsemanship, which meets daily and conflicts with the climbing schedule.

Trips Kayaking: for campers entering eighth - eleventh grades; campers will participate in fun and instructional kayaking trips out of camp for three days each week (campers' other activity choices meet on the alternate days). Campers must be an Illahee level 5 swimmer or above to take Trips Kayaking. Campers in Trips Kayaking are unable to take horsemanship, which meets daily and conflicts with the kayaking schedule. A one-piece bathing suit is required for water activities.

Trips Hiking: for campers entering eighth - eleventh grades; campers will participate in fun and challenging day hikes out of camp for three days each week (campers' other activity choices meet on the alternate days). Campers in Trips Hiking are unable to take horsemanship, which meets daily and conflicts with the trips schedule.

Woodworking: campers design and build projects such as birdhouses, jewelry boxes, and wooden baskets as they learn basic woodworking skills; **for entering 7th graders and up (entering 6th grade in August session).**

Yoga: A chance for campers to experience the physical and mental benefits of yoga! This lower impact fitness class will focus on improving the foundational techniques of yoga. Campers will participate in gentle and intermediate flow sequences, while receiving instruction on how to improve their own technique.