

Activity Descriptions

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

Trips Out of Camp

Illahee's trips program is back *2023*! Campers in rising 8th grade and older can sign up for Trips Hiking, Trips Climbing or Trips Kayaking, committing to 3 days a week honing their outdoor adventure skills in the forests and rivers of Western North Carolina.

*For Trips Kayaking, campers must be in swim level 5 or higher. Some experience is required and skills will be assessed by the camp kayaking staff.

Campers of all ages will have the opportunity to sign up during their camp session for various trips, in addition to their regular schedule of activities. Girls can explore Western North Carolina and take their climbing or hiking skills on a new adventure out of camp. Trips will include favorites such as hiking along the Blue Ridge Parkway's spectacular trails and rock climbing in Pisgah National Forest. Trips of various levels will be offered, some by invitation based upon skill level. Additionally, tubing trips, stream explorations and adventures to Sliding Rock will be offered throughout the session for cabin groups and nature classes.

In Camp Activities

(sign-up link is accessed through your MyIllahee account)

Archery: a popular target sport for campers who can track their progress by building bow and arrow skills to work through the archery ranks from Yeoman to Illahee Archer.

Arts and Crafts: the Busy Bee is the place for campers of all ages to enjoy hands-on studio arts projects such as jewelry making, basket weaving, book and paper making, and lanyard braiding.

Basketball: this action packed sport in the Rec Lodge involves a mixture of drills, fun games, and scrimmages designed to help campers improve their courtside skills.

Campfire 101: required for Sparks (campers entering 10th grade only). This activity offers time for Sparks to hang out together and develop their leadership skills, work on final night, and enjoy time with camp directors and each other.

Canoeing: campers enjoy the canoe lake and learn basic canoeing strokes and boat handling skills through instruction and games. When ready, campers may have the opportunity to try out their skills on the nearby French Broad River or show off their skills as stars in Canoe Formation during the last days of camp.

Ceramics: a hands-on favorite, campers enjoy playing in clay and learning techniques to increase their skills in hand-building, wheel throwing, and glazing. Unloading projects from the kiln is a highlight at the end of the session.

Climbing In Camp: available to all campers. Campers will learn the ropes in knot-tying skills, belaying and climbing, and will participate in fun challenges on Illahee's climbing wall and Beanstalk tower. Campers will be able to sign up for trips during their session, based on skill and readiness.

Cooking: Campers will focus on dips, desserts, and creative snacks while learning basic baking and knife skills needed to be a future chef.

Dance: McLeod lodge offers studio space for campers to learn dance steps, groovy moves, and routines building up to a great final performance at the end of the session.

Diving: the diving dock is a great setting for a cannonball plunge and learning how to dive and flip when ready. A diving exhibition during the swim show lets girls show off their skills. For Illahee swimming level 5 or above.

Drama (Behind the Scenes): based in the costume room, this activity focuses on stage make-up, set design, and casting techniques to explore the world of theater from behind the curtain.

Drama (Production): campers work on acting techniques while interpreting roles in camp's musical theater production. A live performance is a camp highlight during the last week of camp.

Faith and Fellowship: for campers entering eighth-eleventh grades; explores Christian teachings and God's love in our daily lives; each summer offers a focus built around a specific book in the Bible. This activity offers time to share with peers and a mentor counselor in a relaxed small group setting.

Fiber Arts: campers explore fiber arts through lap looms, inkle looms, and floor looms as well as other weaving projects such as elaborate friendship bracelets, crocheting, and toe weaving.

Field Hockey and Lacrosse: this team sport activity includes time for basic instruction in both field hockey and lacrosse, building stick sport skills through drills and games.

Fitness for Fun: fun and playful games to develop strength, cardio-vascular fitness, and improve coordination are the focus of this activity. **Recommended for campers through 6th grade.** Campers can take this activity both days.

Fitness for Life/Aerobics: develops strength, flexibility, cardiovascular fitness, and improved coordination through strenuous aerobic activities including step aerobics and the Illahee circuit. **Recommended for campers in 7th grade and above.** Campers can take this activity both days.

Games! Games! Games! for all ages. What is summertime without a variety of "neighborhood" field games? Gather for Spud, Kick-the-Can, Spike-ball, 4-Square, Cross-Net, Cornhole, Sardines, Ultimate Frisbee and time to play non competitive sports for fun!

Glee Club: for all ages. Sing, sing, sing! An acapella gathering to learn harmony and songs to perform. Help lead songs at campfire, worship or at camp wide events! A focus on bringing back old favorite camp songs along with popular music will make this a time for "joyful noise"!

Gymnastics: campers move at their own pace developing strength and flexibility through stretching, tumbling skills, and work on the balance beam. An end of camp gymnastics exhibition allows campers to have time in the spotlight.

Hannah Ford Farm: Campers will enjoy a trip to our off site property - Hannah Ford Farm. There, they'll participate in gardening, fishing, swimming in the pond, hiking, and other activities. *Note: This activity is for two periods.*

Horse Management: a great class for any level rider interested in building skills and working through the Illahee riding levels. During these unmounted lessons campers learn all things in horse care: nutrition, grooming and maintenance, health care, and handling. This is a great activity for girls who love time at

the barn and want to build responsibility and independence. A camper may sign up for both Horse Management and Riding.

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

Kayaking in Camp: for all campers who are in swim level 5 or above. Campers learn and progress in kayaking skills on our lake starting with the wet exit and building to a roll, with paddling practice, rescue techniques and games in between! Note: This activity is for two periods. Campers will have the opportunity to sign up for some out of camp trips based on skill and readiness.

Nature: hands-on exploration of the natural world around camp. Small animals, hikes, nature crafts, and field trips are all part of the nature program. Plant identification, stream exploration, turtle tracking, and critter hunts are highlights. The nature activity is home base for chickens, goats, rabbits, snakes, turtles, and other animals that girls can get to know during the activity.

Painting: the "Ladybug" studio is the spot for drawing and painting with watercolors and acrylics. Campers learn various techniques and enjoy sketching their favorite camp scenes such as McLeod lodge, the Beanstalk, the lilies, the bell or swim lake and then fill in with color.

Pickleball: for all ages. Join those who want a little more time on the tennis courts and learn to love a game that combines ping pong, badminton, and tennis. Whether a low key rally OR highly competitive match is your style, it is guaranteed fun!

Puppetry: we can all say "Pup Pup Puppetry!" to cheer for this activity where campers develop their own storyline and work together to create a script and cast of characters. Creating the puppets, props, and developing the characters leads up to the end-of-session puppet show.

Riflery: an Illahee favorite, riflery emphasizes gun safety as girls improve their target skills on 0.177 caliber BB and air rifles to work through Illahee's levels from the marksman to expert rankings, including prone, seated, and standing shooting positions.

Running Club: 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 is tailored for both beginner and experienced runners who want to enjoy Illahee's trails. Appropriate footwear needed.

Sew Unique: create your own unique projects while learning a variety of useful stitches and embroidery techniques, as well as assembling projects on a sewing machine.

Soccer: a popular teamsport with campers who enjoy scrimmages and drills to help them improve their game. Bring soccer cleats if you have them.

Swimming: Campers are required to participate in instructional swimming until they complete Illahee's level 6 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 need for campers to be strong swimmers and 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 camper's level, an estimate is fine. All new and returning campers will take part in a swim classification

to confirm their skill level and to be placed appropriately. Occasionally campers who have taken swimming at another facility 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, diving dock 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 strokes and develop a thematic swim routine which is a session highlight. Campers must have passed the Illahee Level 5 or equivalent. **A one-piece bathing suit is required on the waterfront.**

Team Sports: for the camper who wants to learn a little about a lot, this activity offers a variety of competitive sports such as flag football, softball, volleyball, and kickball.

Tennis: the Illahee courts are central in camp and are a place to develop tennis skills and confidence through individual instruction, drills, and fun games. This activity is tailored for all level players from beginners to the tournament participant. Camper/counselor tournaments are a highlight in the June and July sessions and the courts are always active during the afternoon choice period.

Vaulting: a form of gymnastics on horseback; campers learn balance, grace, and teamwork as they perform gymnastic moves first on a stationary barrel mount and later at a walk and trot on horseback. 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 horseback riding.**

Volleyball: for campers in rising 7th grade and up who currently play competitive volleyball or plan to try out for a team in the coming year. Campers will receive skill instruction, practice drills, and enjoy scrimmage play with their peers.

Wild Skills: For the campcraft gal seeking fun and practical wilderness skills such as orienteering, fire-building, outdoor cooking, and camping skills. This will have adventurous participants ready to spend more time in the great outdoors.

Woodworking: campers design and build projects such as birdhouses, jewelry boxes, and wooden baskets as they learn basic woodworking skills. **For the Three-Week and Four-Week Session, this activity is for campers rising 7th grade and up. For the Two-Week Session, this activity is for campers rising 6th grade and up.**

Yoga: this lower impact fitness class offers a chance for campers to experience the physical and mental benefits of yoga through building on foundational techniques. Campers will participate in a gentle and intermediate flow sequence, while receiving instruction on how to improve their form and focus.