

# Class Information 2010

## Daily Schedule:

9:00	10:00	11:00	5:00
Anything Goes	Anything Goes	Anything Goes	Anything Goes
Archery	Archery	Archery	Cooking
Art	Art	Climbing Wall	Crafts
Cheerleading	Fishing	Cooking	Doll Making
Climbing Wall	Cooking	Doll Making	Journaling
Fishing	Climbing Wall	Drama*	Miniatures
Horseback Block*	Dance*	Fitness	RRR Adventurers
Kayaking	Health and Beauty	Health and Beauty	Pool Games
Newspaper	Horseback Block Cont'd*	Horseback Class*	Random Acts of Kindness
Rappelling	Kayaking	Instructional Swimming*	River Rats
Scrapbooking	Rappelling	Kayaking	Knitting
Stagecraft*	Scrapbooking	Videography	SIT Class*
Sport-A-Day	Synchronized Swimming	Rappelling	Singing
Synchronized Swimming (Intermediate/Advanced)*	Tennis	Miniatures	

## Things to consider when choosing classes:

- \*Classes marked with an asterik (\*) meet for both weeks during a two-week session.
- \*Campers must be going into 7th grade or older to take the Climbing Wall Class.
- \*Campers must weigh at least 70 lbs and be going into 5th grade or older to take the Rappelling Class.
- \*The Horseback Block meets for both the 9:00 and 10:00 hours. There is a \$25 fee per hour for horseback.
- \*Stagecraft is only offered during Sessions 2, and 5 and girls must be 12 years or older.
- \*Only SIT 1's may take the SIT class. This class is mandatory for all SIT 1's.

## Brief Description of Classes:

- Anything Goes - Do something different each day! One day a craft, the next day a game. Make ice cream or go for a hike. Water balloon fights or four square - anything goes! Together the class will choose from a list of pre-planned activities.
- Archery - Bows and arrows aimed at the targets down range. Learn everything from the basics of archery to how to improve your skills. Practice each day for the tournament at the end of the week!
- Arts - Study the masters and create your own masterpiece! Learn about painting techniques and composition layout as you express yourself in this class. Your painting will be part of the gallery displayed on closing day.
- Cheerleading - Learn and develop new skills as you cheer, chant, jump and yell. Practice and prepare for the water show performance at the end of the session.
- Climbing Wall - Put on a harness and put away your fear of heights! Climb our 40-foot wall, play games and jump off the platform as you zip across the gulley. (Girls must be going into 7th grade or older)
- Cooking - Spend time learning about different types of cooking, planning a meal, understanding recipes, hands on cooking and also enjoying your tasty treats!
- Crafts - Be creative as you do projects such as beadwork, purse making, sewing, jewelry making and much more! Our craft room has everything you need to make your one of a kind project!
- Dance - Have fun learning steps from different types of dances (ballet, ballroom, jazz, hip-hop, etc.) as well as learning and practicing a routine to perform at the water show for the parents at the end of the session.
- Doll Making - Create your own unique Rocky River Doll as you learn the traditional art of doll making. This class includes stuffing, sewing, and soft sculpture techniques. Great for all ages!

**Drama** - This class puts on a performance at the end of the session. Learn dramatic techniques as you rehearse for the final performance. The drama staff chooses a script with many parts and the girls try out at the beginning of the week. There is something for all skill levels and lots of opportunity to learn. During a two week session, this class meets for both weeks.

**Fishing** - Learn how to bait your own hook, catch fish and enjoy the beautiful Blanco River. Wear your bathing suit and river shoes because you might get wet!

**Fitness** - Explore what it means to live a healthy lifestyle and spend time doing exercises. Lots of formats including kickboxing, pilates, yoga, jogging, and aerobics.

**Health and Beauty** - Explore all aspects of beauty - from the inside out! Learn about healthy living, good hygiene habits, and age appropriate beauty tips. Spend time learning and practicing skills to expand your inner beauty as well.

**Horseback Riding** - Girls have the choice of signing up for the Horseback Block (takes both 9:00 and 10:00 hours) or the 11:00 Horseback Class. In order to do the Horseback Block, campers must have some previous riding experience. In the Horseback Block campers will spend time learning aspects of horse care, management and riding. Campers will also practice for the closing day Horse Show in which they will demonstrate their skill for the parents on the last day of camp. The 11:00 Horseback Class is open to all skill levels and will focus primarily on improving riding skills. During two week sessions, all Horseback classes will meet for both weeks. There is a \$50 fee per week for the Horseback Block and a \$25 fee per week for the 11:00 Horseback Class.

**Instructional Swimming** - This class is geared toward beginner swimmers who wish to improve their level of comfort in the water and basic swimming strokes. Girls will learn and practice a routine to perform at the Water Show on closing day. During a two week session, this class meets for both weeks.

**Journaling** - Spend time making your own journal, learning journaling techniques, and quiet time reflecting on your day. The counselor will guide you if you are new to journaling, or give you your own space if you already have some practice.

**Kayaking** - Enjoy the Blanco River as you learn how to maneuver a kayak. This class takes a trip down the river at the end of the week and sometimes cools off in the water!

**Knitting** - Learn the basics of knitting, expand on skill you already have and complete a project at your own base. Enjoy visiting with friends as you learn skills that will last a lifetime.

**Miniatures** - Learn how to make teeny-tiny fun things that you will love to display or use in your doll house!

**Newspaper** - Write articles, conduct interviews, and express yourself in poetry or short stories. This class puts together the camp newspaper, the "Rocky River Roundup" that is distributed to the whole camp at the end of the session.

**Pool Games** - Stay at the pool after free swim for an extra hour of fun at the pool. Structured games each day, diving, volleyball, and much more!

**Random Acts of Kindness** - Just like the name says - spend your week doing random acts that will benefit the camp community. Together the class will determine what they want to spend their week doing. Past projects have included: encouraging cards written to the kitchen staff, giving the camp dog a bath, planting flowers at the front gate, and much more!

**RRR Adventurers** - This class is for those girls who want some excitement! Activities haven't been finalized, but are sure to be "hard core"!

**Rappelling** - Put on a harness and walk backwards down a cliff. If that sounds like fun, then rappelling is the class for you! Learn how to tie knots, play games, and gain confidence and have fun while pushing your limits. (Girls must weigh at least 70 pounds and be going into 5th grade or older)

**River Rats** - If you aren't ready to leave the beautiful Blanco River after free swim - this is the class for you! Enjoy the river a different way each day - kayaking, tubing, snorkeling, and fishing. River Rats can't get enough of the Blanco River!

**Scrapbooking** - Put your creative mind to work as you make a scrapbook of your camp session. Take home a scrapbook to show off your camp friends and camp memories.

**Singing** - Sign up for this class if you want to sing your Rocky River favorites and learn some "golden oldies". Don't worry about your voice - all are welcomed and encouraged!

**Sport-A-Day** - Learn about and play a different sport each day. Basketball, volleyball, tennis, soccer, ultimate football, and Frisbee golf - just to name a few.

**Stagecraft** - The behind the scenes work that makes the Water Show a success! Plan, organize and design the costumes, props and Water Show board for the closing day performance. This class is only available during two-week sessions and meets for both weeks. (Girls must be going into 7th grade or older)

**Synchronized Swimming** - Split into two different classes (beginner or intermediate/advanced) campers will learn sculling, breath control and water ballet moves. Girls will also learn and practice a routine to perform during the Water Show for the parents at the end of the session. During a two week session, this class meets for both weeks.

**Tennis** - All levels welcome as you learn, practice, and perfect your tennis skills!

**Videography** - New class this year! Be behind the camera, in front of the camera or both as the class takes video around camp. The class will also learn how to transfer to the computer, edit and produce their own RRR video.