

# Class Information 2011

## Daily Schedule:

<u>9:00</u>	<u>10:00</u>	<u>11:00</u>	<u>5:00</u>
Anything Goes	Anything Goes	Anything Goes	Anything Goes
Archery	Archery	Archery	Archery
Cheerleading	Cooking	Cooking	Fitness
Climbing Wall	Climbing Wall	Climbing Wall	Journaling
Fishing	Dance*	Doll Making	Miniatures
Horseback Block- Level 1*	Fishing	Drama*	Pool Games
Horseback Block- Level 3*	Health and Beauty	Health and Beauty	Purse Making
Kayaking	Horseback Block-	Horseback Block- Level 2*	Random Acts of Kindness
Knitting	All Levels (1,2,3,4)*	Horseback Block- Level 4*	River Rats
Newspaper	Kayaking	Kayaking	Singing
Painting	Painting	Purse Making	SIT Class*
Purse Making	Pool Games	Rappelling	Zip Line
Rappelling	Purse Making	Synchronized Swimming-	
Sport-A-Day	Tennis	Beginner*	
*Stagecraft		Videography	
*Synchronized Swimming- Intermediate/Advanced			

## Things to consider when choosing classes:

- Classes marked with an asterik (\*) meet for both week and during a two-week session.
- Campers must be going into 7<sup>th</sup> grade or older to take the Climbing Wall Class.
- Campers must weigh at least 70 lbs and be going into 5<sup>th</sup> grade or older to take Rappelling Class and the Zip Line Class.
- 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.
- There is a \$50 per week fee for Horseback Riding. All Horseback classes meet for 2 hours per day.

## 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: Bow and arrow 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!

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 learn different knots. (Girls must be going into the 7<sup>th</sup> grade or older.)

Cooking: Spend time learning about different types of cooking, planning a meal, and understanding recipes, hands on cooking and also enjoying your tasty treats!

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 performance 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 2-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:** SEE HORSEBACK PROGRAM OVERVIEW

**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 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 skills you already have and complete a project at your own pace. 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 dollhouse.

**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.

**Painting:** Create your own masterpiece! Learn about painting techniques, composition and art history as you express yourself in this class. Your painting will be part of the gallery displayed on closing day.

**Pool Games:** This class is for the camper who loves the water! Structured games each day, diving, volleyball, and much more!

**Purse Making:** New Class this year! We will be learning basic sewing techniques as you create you one of a kind purse.

**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!

**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 5<sup>th</sup> 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!

**SIT 1 Class:** All campers who are in the SIT 1 program will meet during this hour. Activities and planning sessions designed specifically for group building and leadership development.

**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 welcome 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 Drama Show a success! Plan, organize and design the costumes and props for the closing day performance. This class is only available during 2 week sessions and meets for both weeks. (Girls must be going into 7<sup>th</sup> 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 at the end of the session. (This class meets both weeks of a 2-week session)

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

**Videography:** 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.

**Zip Line:** Put on a harness, climb the telephone pole, sit on the platform and zip across the gully! This class is for the fearless girls who love excitement.