

**General Camp Overview:**

We aim to foster a camp which focuses on being responsible and respectful members of our community who are fueled by positivity and kindness. Campers will assist in creating community goals and guiding the environment and flow of the day. Within the structure of a prepared program, campers will choose what they want to do, materials they want to use and will have opportunities to work within teams during the day while also having time set aside to choose with whom they want to play and work. Campers will be encouraged to branch out and try new activities from sports games to arts and crafts. Our hope is for everyone to try activities at least once to help discover the potential for new appreciation of choice options.

Each week has a theme, which will be the foundation for the activities that campers participate in. The themes are as follows: Let the Games Begin! Let's Make a Splash!, Movie Madness, Into the Wild, Artful Antics, We Love NH, and Celebrate Summer. We hope that these themes will offer a wide variety of exploration in our seven weeks together.

All-day field trips will take place once a week on Tuesday (weather permitting). One in-house special experience will be added to the schedule each week ranging from small group trips to get campers off campus to bringing in guest coaches or lessons/presentations. Please see the attached 'week at a glance' guide to get a better idea of our schedule that will be edited to add in camper input in the first few weeks of camp.

What to Bring:

For campers to participate in all activities, please send campers with a bathing suit/change of clothes and a towel every day.

Campers will not be permitted to use electronic devices during a typical camp day, so it's best to keep those safe at home!

Week 1: Let the Games Begin! (June 24-28)

Campers will kick off the summer exploring sports! We will have a karate demo and pickleball lesson as well as Gaga tournament and other various sports to try throughout the week. Camp teams will be organized and the team with the most points at the end of the week will win a prize!

Tuesday Field Trip-Gunstock Adventure Park (all day)-campers will be able to try out the aerial treetop adventure course and enjoy a scenic lift ride to the top of the mountain

Week 2: Let's Make a Splash! (July 1-3, Mon-Wed)

Campers will explore and engage with water in various activities during this short week of camp. In addition to our in-house water slide experience, we will also spend time exploring the river and other water activities. (Be sure to have a bathing suit and towel each day as well as your usual change of clothes and sunscreen).

Tuesday: In House Water Slide

Week 3: Movie Madness (July 8-12)

Campers will explore various themes of movies from sci-fi to animation to Marvel. Movie inspired scavenger hunts, trivia competitions, arts and crafts and costume days will all be options as well as a camp wide 'Hollywood Walk of Fame', options for scene reenactments and a chance to make a camp movie.

Tuesday Field Trip: Chunky's for lunch and a Movie, possible visit to a roller rink after.

Week 4: Into the Wild (July 15-19)

Campers will grow a new appreciation for all kinds of aquatic animals in their natural habitats during our field tip. We will do animal themed scavenger hunts and arts/crafts. Searching for butterflies, bugs and birds as well as creating bird feeders to place on trails or keep to bring home.

We will also welcome a K-9 demo to show how fun our animal heroes can be *subject to availability*

Tuesday Field Trip: Odiorne State Park (all day)- Campers will explore Odiorne State park and have a chance to explore the animals of the rocky shore in tide pools, walk the trails and enjoy all the state park has to offer

Week 5: Artful Antics (July 22-26)

This week at camp will focus on opportunities around the arts and creativity. We will welcome a painting lesson from a local artist and campers will try out their creative side with cupcake decorating. We will have opportunities for work with clay and yoga as well as a tie-dye experience on Friday (bring your own item to dye!)

Tuesday Field Trip: TBD – Possible cooking class

Week 6: We Love NH (July 29-August 2)

Campers will celebrate all NH has to offer through our nature scavenger hunts, nature- based arts/crafts as well as blueberry picking and our annual trip to Lake Sunapee. The week will end with making some fresh blueberry pancakes!

Tuesday Field Trip: Lake Sunapee (All Day): Campers will enjoy swimming at the lake beach and checking out the playground.
note this state park has a camp store for snacks

Week 7: Celebrate Summer (August 5-9)

We will end camp with a week to remember, celebrating what camp is all about. An in house field day, 'Coolio Casino' game day, and will finish Friday with a BBQ and talent show put on by our very own campers! (families are welcome 😊)

Wednesday Field Trip: Canobie Lake Park (All Day)

Please note that week themes and trip are subject to change!