

BBS 2017 SUMMER CAMP

Activity Outline

At BBS Summer Camp our primary focus is to give campers the chance to enjoy a rewarding summer camp experience, which builds self-esteem and new friendships through the many diverse, exciting activities. The program is designed to let individuals learn to enjoy time with others as well as the chance to practice self-reliance, leadership-skills-building and social interaction within groups in a caring and safe environment. The activities that are offered are tools to be used to make our campers meet these goals and will introduce the importance of staying healthy with nutrition and exercise.

Camp Activities: 5 - 6 activities per day @ 30 minutes per session.

Nutrition, Health & Fitness

Campers will

- *begin their day with daily energizer*
- *prepare healthy snacks/meals (vegetables, fruits, healthy snacks, smoothies)*
- *learn the basic skills and some tricks of :*
 - *Basketball, Volleyball, Handball,*
 - *Football*
 - *Cardio Kick Boxing,*
 - *Aerobics, Gymnastics, Zumba, Yoga*

Arts & Crafts

Campers will

- *create sculptures of clay to create unique pieces*
- *create unique works of art using watercolors/oil/pastels paint as a medium*

IT & iPads Skills

Campers will

- *create games using Coding*
- *create movies using a variety of software/apps*

Photography

Campers will

- *learn the basic rules of photography*
- *explore taking pictures of subjects with multiple settings & learn about effect*

Field Trips: (*Subject to change*)

- *Trampo's*
- *Ice Skating*
- *Bowling*