



## Warren Willis UM Summer Camp Activity Group Descriptions

This document contains descriptions of activities that your camper may participate in while at camp. If you do not want your campers to participate in any of these activities while at camp, you must contact the Camp Director or Assistant Director at least one week prior to your child's arrival at camp. They can be reached by calling 1-866-UMCAMPS (opt. 3). Additional activities may be added prior to your child's week at camp. Please check back prior to your child's week at camp for any updates to this list.

**Low Challenge Course-** Every camper will take part in this activity with their small group (10-15 same aged campers, and two adults that meet daily throughout the week.) The low challenge course is a series of physical and mental challenge initiatives where the team has to think through a problem and then physically solve that problem. The physical activity required to complete these initiatives can best be described as moderate exertion. Our challenge courses are set up to challenge individuals to step out of their comfort zones, but ultimately each participant has the final say as to their level of participation.

The following are some of the activities that campers have the option to sign up for and participate in while they are at camp. Please note the age levels that are able to sign up for each skill following the description. HS- High School, MS- Middle School, ES- Elementary School.

**Sailing-** Campers will learn the skills necessary to sail and will have the opportunity to sail on 14 foot aqua cat sail boats on Lake Griffin. Each boat will hold 4 campers and one of our summer staff. All campers must take and pass a swim test to participate in this activity. The lake is supervised by certified waterfront lifeguards at all times. Every camper must wear a lifejacket while out on the lake. MS, HS

**Canoeing-** Campers will learn the skills necessary to operate a canoe, along with a partner. All campers must take and pass a swim test to participate in this activity. The lake is supervised by certified waterfront lifeguards at all times. Every camper must wear a lifejacket while out on the lake. MS, HS

**High Ropes** – Campers will be challenged to complete various challenge elements at height. Campers will be outfitted with harnesses and belayed by trained camp staff as they complete these challenges. Our camp has the following high elements in their program: Climbing Wall, Tandem Zip Line, Leap of Faith (Pamper Pole), Giant's Ladder, Rappel Wall, Catwalk, Flying Squirrel, & Vertical Playpen. The physical activity required to complete these initiatives can best be described as moderate to heavy exertion. Our challenge courses are set up to challenge individuals to step out of their comfort zones, but ultimately each participant has the final say as to their level of participation. HS

**Archery-** Campers will get to learn the skill of archery. Certified instructors will teach this skill. All necessary safety precautions are followed. Two of our summer staff are assigned to supervise and lead this time. Water is available throughout the activities, and organized water breaks are taken periodically. ES, MS, HS

**Outdoor Games-** Campers may participate in a variety of outdoor activities such as; basketball, volleyball, dodge ball, softball, Frisbee, etc. Two of our summer staff are assigned to supervise and lead this time. Water is available throughout the activities, and organized water breaks are taken periodically. ES, MS, HS

**Nature Skill-** Campers will spend one day in our nature center learning about different kinds of animals that are native to Florida. Animals may include, non-poisonous snakes, rabbits, guinea pig, turtles, American alligator (no larger than 1 ft. in length-will not be handled by the campers), etc. The second day of this skill the campers will take part in a nature walk, learning about and identifying native plant and animal species found at camp. They will also talk about the biblical foundations for our role as Christians to take care of the environment and learn ways that they can conserve energy and protect God's earth in their daily lives. Two of our summer staff are assigned to supervise and lead these activities. ES, MS, HS

**Ultimate Frisbee-** Campers will have the opportunity to learn the rules, strategy, and to play the game of Ultimate Frisbee. This game requires running, and hand to eye coordination. Two of our summer staff are assigned to supervise and lead this time. Water is available throughout the activities, and organized water breaks are taken periodically. MS, HS

**Yoga-** During this activity campers are taught some of the basic stretches used in the practice of yoga. Christian emphasis is given on relaxation, self care, meditation, and prayer. Two of our summer staff are assigned to supervise and lead these activities. MS, HS

**Interpretive Dance-** Campers are given the opportunity to explore how dance can be used in a worship setting to bring glory and honor to God through the performing arts. Campers will get to choose music and design a dance that will be presented in Friday night's worship service. Two of our summer staff are assigned to supervise and lead these activities. ES, MS, HS

**Sign Language-** Campers will learn the American Sign Language to a Christian song and then will share this form of ministry with their peers in Friday night's worship service. Two of our summer staff are assigned to supervise and lead these activities. ES, MS, HS

**Drama-** Campers will participate in different activities that will encourage them to explore their dramatic sides. They will learn about how drama and the performing arts can be used in worship at their local churches. Two of our summer staff are assigned to supervise and lead these activities. ES, MS, HS

**Praise Group-** Campers will have the opportunity to participate and learn praise and worship songs that they will share with their peers. They will also learn more about the ways that music can be used as a part of worship. Two of our summer staff are assigned to supervise and lead these activities. ES, MS

**Crafts-** Campers will participate and make several different crafts during the week. No previous craft knowledge is necessary. Crafts vary depending on age of the camper. Two of our summer staff are assigned to supervise and lead these activities. ES, MS, HS

**Ceramics-** In this activity, campers will learn the skills necessary for working with clay and making pottery. They will also get to participate in some of the craft activities that the other campers will take part in. MS, HS

**Service Skill-** Campers who choose this skill will not only be having fun, but they will be giving back to the camp. Each week campers in this skill will have the chance to participate in some activity that will help improve the grounds or facilities around the camp. No skill is needed. Two of our summer staff are assigned to supervise and lead these activities. HS