



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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**I'M A DOER  
MORE THAN A  
READER...**

Sessions A, B, C or D only.

Go on to your CampInTouch  
account. 'Forms & Documents'  
-> Activity Preference  
Form.

# CAMP HAZEN YMCA OVERNIGHT CAMP 2019 PROGRAM GUIDE TWO WEEK SESSION

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# PROGRAM GUIDE

This booklet is full of all of the activities Hazen has to offer. They are separated by Program Areas (Creative Arts, Land Sports, Outdoor Pursuits and Water Sports) based on the camper's grade they will be entering in the fall. How you sign up for classes is different depending on the session you attend. Find your session below to learn how to best use this guide.

## Progressive Programming

For Activities Hazen, campers are split groups based on grade: 3<sup>rd</sup> - 5<sup>th</sup> Grade, 6<sup>th</sup> - 8<sup>th</sup> Grade, and 9<sup>th</sup> - 10<sup>th</sup> Grade. Each age group has a unique offering of classes. Please refer to the chart on the next page for this list. The progressive style to our programming ensures there is something new to look forward to year to year at Hazen. Within a class, our staff are trained to teach to the level of the child. This means that a Guitar class, for instance, can have beginners and advanced players at the same time!

## Traditional Camp - Two Week Sessions: A, B, C & D

### 5 Day Skill Classes

Camp Hazen YMCA is committed to giving children skills! Our program areas are intentionally focused on introducing activities to our campers and then teaching them to develop these skills. Over a two week period, each camper will take 8 five-day skill classes. Each class lasts for one hour. During the course of the five days, campers will be taught the basics and then given the opportunity to advance their skills through practice under the guidance of trained staff. Hazen has developed a detailed curriculum, and each of our counselors follow thorough lesson plans to ensure quality and consistency in our program areas. In just these five days, campers may develop an interest that will last a lifetime!

### Program Sign Ups

Campers will take four skill classes each day. In your [CampInTouch account](#) fill out the Activity Preference Form by ranking all of the available activities and submitting the form PRIOR to your child's arrival.

The Activity Preference Form will take each camper's choice of activities in their age group and generate a two week schedule based on the order of their desire to participate and class availability. On the campers' first morning at camp, they will be given schedules based on those preferences. After the first day of classes, if campers wish to switch or change their schedule, they may talk to the program area directors.

### 3<sup>rd</sup> and 5<sup>th</sup> Graders

We want our youngest campers to have a well rounded program experience. Therefore, each camper will take one class in each program area a day. Campers are guaranteed their top choice and guaranteed not to get their bottom few choices (knowing that they must take at least one activity in each program area.)

### 6<sup>th</sup> to 10<sup>th</sup> Graders

Campers in 6<sup>th</sup> through 10<sup>th</sup> graders have the chance to take two classes in their favorite Program Area in one day based on preference and class availability! This is done simply by ranking those classes near the top of their total list.

## One Week Sampler Camp Sessions: 1, 2 & 3

**Program Sign Ups:** On check in day, campers will complete their request form. Each program area will have several packages for campers to choose from. The packages contain a collection of activities within each program area (i.e. Land Sports Sampler A includes one day of Skateboarding, Archery, Basketball, Gaga & Tennis). Our goal is to give campers a diverse sampling of activities offered.

Take a look through this booklet to see what activities we have to offer. On the campers' first morning at camp, they will be given schedules based on those preferences with one package from each program area.

# SKILL CLASSES

	<b>Grades 3,4,5</b>	<b>Grades 6,7,8</b>	<b>Grades 9, 10</b>
<b>WS</b> Water Sports	Paddle Sports** Swim Instruction** Water Games ** Water Sports Choice**	Paddle Sports** Sailing*** Swim Instruction** Windsurfing*** Water Sports Choice**	Lifeguard Skills*** Paddle Sports** Sailing*** Windsurfing*** Water Sports Choice**
<b>LS</b> Land Sports	Archery** Camp Sports Choice** Skateboarding*** Y-Sports Choice** Soccer **	Archery** Camp Sports Choice** International Sports Choice** Skateboarding*** Soccer** Tennis ** Y-Sports Choice**	Archery** Camp Sports Choice** International Sports Choice** Skateboarding *** Soccer** Tennis ** Y-Sports Choice**
<b>CA</b> Creative Arts	Camp Jewelry* Clay * CA - Choice* Performing Arts*	Camp Jewelry * CA - Choice* Drama Production* Guitar * Painting & Drawing* Wood Burning *	CA - Choice* Drama Production* Guitar* Media (Radio & Journalism) * Painting & Drawing* Screen Printing* Wood Burning*
<b>OP</b> Outdoor Pursuits	Climbing*** Fishing * Outdoor Survival I** (shelters, fire, cooking, Geocaching)	Climbing*** Mountain Biking*** Outdoor Cooking* Outdoor Survival II** (fishing, first aid, cordage)	Belay Skills*** Climbing*** Mountain Biking*** Outdoor Cooking* Outdoor Survival III*** (fire-by-friction & raft building)

\* Denotes the degree of difficulty and physical challenge of activity

## Activities for 3<sup>rd</sup> – 5<sup>th</sup> Graders

# OUTDOOR PURSUITS

### **Climbing**

This class will teach you the proper technique for climbing different elements such as the Climbing Wall, Alpine Tower, and Deadman's Cliff (real rock). You will start off easy and work your way to more difficult elements so that everybody can learn and improve together.

### **Fishing**

This class will let you enjoy the the calming yet exciting sport of fishing in our own Cedar Lake! From learning how to build and fix your rods to catching some of the lakes 'sunnier' inhabitants! This class will show you how to bait a hook, 'build' your rod with sticks and string and then move up to the 'reel' thing with our own rods.

### **Outdoor Survival I**

In this class, you will be taught skills that could help you to survive in the wilderness. You will learn how to build shelters of various types and sizes from forest debris for use in different survival situations. You will also learn how to sort brush into tinder, kindling, and fuel which you will use to make your own fire as well as how to cook some tasty treats on it. You will also learn how to count paces, read a compass and a map, and then use the GPS devices to discover hidden treasures along the Hazen hiking trails!



## Activities for 3<sup>rd</sup> – 5<sup>th</sup> Graders

# LAND SPORTS

### Archery

Archery is a target sport activity which is fun for all ages. You will learn techniques on proper form on the archery range. Practicing this skill will help develop your self control and hand/eye coordination. After instruction and practice, you could be the next Robin Hood or Katniss Everdeen of Camp Hazen!

### Camp Sports Choice

This choice program is focused on giving our campers the opportunity to sample a variety of different games and activities we have here at Camp Hazen. Similar to Y-Sports, the class will choose their schedule from a list of options. These include Pillo Polo, Gaga, Kickball, Pickleball, Tennis Racket Baseball, Whiffleball, and Disc Golf. It's a fun and exciting way to learn some new sports as well as enhance the skills you already have.

### Skateboarding

Camp Hazen is famous for its top notch skate park. Here you will get to practice your skateboarding skills and techniques so you can come home from camp to show your friends that you can skate like Tony Hawk! You will be under the supervision of counselors with years of skating experience. All safety equipment including helmets, wrist guards and knee pads will be provided for you and must worn at all times when skating. No matter what experience you may already have, you will be sure to learn a new trick or skill in this class.

### Soccer

Soccer or better known as "football" to some of our counselors is a class for everyone! You will learn new techniques and practice with the guidance of a counselor specialized in coaching soccer. Whether you are brand new to this sport or a pro you will gain valuable skills.

### Y-Sports Choice

Our Y-Sports Choice is a combination of many different sports. On the first day, campers will decide, as a group, their schedule for the week. This bundle consists of learning new techniques and skills in the following sports: Soccer, Basketball, Volleyball, Floor Hockey, Flag Football, and Ultimate Frisbee In this class you will learn a lot and get to play a mix of the traditional and new YMCA sports.



## Activities for 3<sup>rd</sup> - 5<sup>th</sup> Graders

# WATER SPORTS

### **Paddle Sports**

This is a skill class that will teach you how to paddle a canoe and a kayak. You will learn several types of strokes to help you maneuver around Cedar Lake. You will also learn how to right a capsized boat and how to reenter the boat while out on the lake. Paddle class also gets to enjoy an adventurous paddle down Snake River.

### **Swim Instruction**

These skill classes teach campers how to improve their swim strokes. Camp Hazen staff incorporate fun games while teaching skills appropriate for each swim level. See how much you can improve your skills in one week! Campers who have tested as a Polliwog, Guppy, Minnow, or Fish get to enjoy one week of swim lessons in addition to their choice activity in Water Sports.

### **Water Games**

This is a class that is filled with several action packed activities such as submerged canoeing, the Water Mat, as well as a variety of games played in the swim area (sharks and minnows, water basketball, Frogman, dolphin relay, etc.)

### **Water Sports Choice**

This is a class where you will be able to sample several activities offered on the waterfront. This includes a quick introduction to Kayaking and Canoeing as well as a variety of water games, snorkeling, and some fun times on the Water Mat and trampoline.



## Activities for 3<sup>rd</sup> – 5<sup>th</sup> Graders

# CREATIVE ARTS

### Camp Jewelry

Campers will learn the basics of friendship bracelets stitches, hemp stitches, and gimp in this class. Campers will be able to complete several bracelets, necklaces, or anklets by the end of the sessions using different the many stitches and techniques.

### Clay

In this class campers will learn basic clay principles and experiment with different techniques such as slab constructions and coil building. After getting comfortable with a certain technique, campers will design and build a clay project, taking the finished painted product home at the end of the session.

### Creative Arts Choice

This is a fun class designed to give campers a chance to learn how to use a variety of tools and materials in CA classes. Campers will be able to choose to spend one day each on making candles, melty beads, dream catchers, mask making, warm fuzzies, bead projects, and/or baskets.

### Performing Arts

Campers will play drama and improv games. They will also learn various acting techniques including warm-ups. The class also includes practicing and performing camp skits and songs as well as studying various types of movement and dance.



## Activities for 6<sup>th</sup> – 8<sup>th</sup> Graders

# OUTDOOR PURSUITS

### **Climbing**

This class will teach you the proper technique for climbing different elements such as the Climbing Wall, Alpine Tower, and Deadman's Cliff (real rock). You will start off easy and work your way to more difficult elements so that everybody can learn and improve together.

### **Mountain Biking**

Mountain biking is an exciting and thrilling class! Don't worry if you aren't all that great on a bike to start off with because you will leave this with a greater developed skill of biking! We will start off easy biking basics building up to small jumps over rocks and sticks. We will ride some of the tracks we have around camp with trips to Onandaga and around Cedar Lake! Bike maintenance may also be reviewed in some classes if the sun decides to take a siesta (rainy days)!

### **Outdoor Survival II**

In this class, you will be taught skills that could help you to survive in the wilderness. You will also learn how to sort brush into tinder, kindling, and fuel which you will use to make your own fire. You'll also spend two days learning the basics of fishing and testing out your newfound skills on Cedar Lake. Finally, you will be taught basic First Aid skills which would certainly come in handy in a survival situation.

### **Outdoor Cooking Choice**

Filled with cinnamon apples, orange muffins, pancakes, and more, this class is the best tasting one yet! Campers get to build their own menu from the variety of recipes we have to offer. You will learn how to build a great fire for you to cook these delicious snacks on. We start off with some s'mores and by the last day, we will be cooking up a storm!



## Activities for 6<sup>th</sup> – 8<sup>th</sup> Graders

# LAND SPORTS

### Archery

Archery is a target sport activity which is fun for all ages. You will learn techniques on proper form on the archery range. Practicing this skill will help develop your self control and hand/eye coordination. After instruction and practice, you could be the next Robin Hood or Katniss Everdeen of Camp Hazen!

### Camp Sports Choice

This choice program is focused on giving our campers the opportunity to sample a variety of different games and activities we have here at Camp Hazen. Similar to Y-Sports, the class will choose their schedule from a list of options. These include Pillo Polo, Gaga, Kickball, Pickleball, Tennis Racket Baseball, Whiffleball, and Disc Golf. It's a fun and exciting way to learn some new sports as well as enhance the skills you already have.

### International Sports Choice

This is a great way to experience sports popular around the world.. Similar to Y-Sports, the class will choose their schedule from a list of options. These include Handball, Cricket, Australian Football, Badminton, Croquet, and Touch Rugby. Learn the basics of each international sport and you might just develop a new passion!

### Skateboarding

Camp Hazen is famous for its top notch skate park. Here you will get to practice your skateboarding skills and techniques so you can come home from camp to show your friends that you can skate like Tony Hawk! You will be under the supervision of counselors with years of skating experience. All safety equipment including helmets, wrist guards and knee pads will be provided for you and must worn at all times when skating. No matter what experience you may already have, you will be sure to learn a new trick or skill in this class.

### Soccer

Soccer or better known as "football" to some is a class for everyone! You will learn new techniques and practice with the guidance of a counselor specialized in coaching soccer. Whether you are brand new to this sport or a pro you will gain valuable skills.

### Tennis

Our tennis skill class is for everyone from to those who have never touched a racket to pros. You will get to learn and practice under the supervision of our tennis playing Hazen staff. This sport is a lot of fun, exciting, and a great challenge.

### Y-Sports Choice

Our Y-Sports Choice is a combination of many different sports. On the first day, campers will decide, as a group, their schedule for the week. This bundle consists of learning new techniques and skills in the following sports: Soccer, Basketball, Volleyball, Floor Hockey, Flag Football, and Ultimate Frisbee In this class you will learn a lot and get to play a mix of the traditional and new YMCA sports.



## Activities for 6<sup>th</sup> – 8<sup>th</sup> Graders

# WATER SPORTS

### **Paddle Sports**

This is a skill class that will teach you how to paddle a canoe and a kayak. You will learn several types of strokes to help you maneuver around Cedar Lake. You will also learn how to right a capsized boat and how to reenter the boat while out on the lake. Paddle class also gets to enjoy an adventurous paddle down Snake River.

### **Sailing**

This is a skill class that will teach you about the basic principles of sailing. You'll learn how to set up a sailboat, how to maneuver around the lake, and how the wind will affect your ability to do this. This included basic maneuvers such as how to tack and jib as well as how to right a capsized boat.

### **Swim Instruction**

These skill classes teach campers how to improve their swim strokes. Camp Hazen staff incorporate fun games while teaching skills appropriate for each swim level. See how much you can improve your skills in one week! Campers who have tested as a Polliwog, Guppy, Minnow, or Fish get to enjoy one week of swim lessons in addition to their choice activity in Water Sports.

### **Water Sports Choice**

This is a class where you will be able to sample several activities offered on the waterfront. This includes a quick introduction to Kayaking and Canoeing as well as a variety of water games, snorkeling, and some fun times on the Water Mat and Trampoline.

### **Windsurfing**

This class is definitely for those who are up for a challenge. This is a skill class that will teach you how to balance on a windsurfing board by playing a variety of fun balance games. You will also learn about the wind and how it affects you, as well as how to move forward and maneuver around the lake by tacking and jibing.



## Activities for 6<sup>th</sup> – 8<sup>th</sup> Graders

# CREATIVE ARTS

### **Camp Jewelry**

Campers will learn the basics of friendship bracelets stitches, hemp stitches, and gimp in this class. Campers will be able to complete several bracelets, necklaces, or anklets by the end of the sessions using different the many stitches and techniques.

### **Creative Arts Choice**

This is a fun class designed to give campers a chance to learn how to use a variety of tools and materials in CA classes. Campers will be able to choose to spend one day each on making candles, melty beads, dream catchers, mask making, warm fuzzies, bead projects, clay, and/or baskets.

### **Drama Production**

Campers will ease into the class with improv games, later going through an audition process to be allocated a role in the session's drama production. Campers will memorise and practice their lines and be part of the show on the last day of the session, viewed by the entire camp!! If you don't want to be in the limelight, this class also includes a set design crew!

### **Guitar**

Campers will learn basic guitar skills such as recognizing and memorizing the locations of chords, being able to switch between chords, and tuning a guitar. Campers will work towards being able to play a song at the end of the session using a pick.

### **Painting & Drawing**

This class is designed for campers with an amazing amount of creativity. You will be sketching, designing, drawing, and painting everyday. Each camper selects a final project to be completed withing the week!. It could be a line drawing, still life, or even a mural within the Creative Arts building. You will see the project from start to finish. This is a great way to leave your mark on Camp Hazen.

### **Wood Burning**

This is a classic camp activity making its return to Hazen. Campers will get to pick their own project whether it be branch or precut wood. Then prepare it with whittling and sanding. Finally they will use our wood burning tools under the careful supervision of their instructors to design a unique pattern.



## Activities for 9<sup>th</sup> – 10<sup>th</sup> Graders

# OUTDOOR PURSUITS

### Belay Skills

For our older kids – 14 years old and older! This class will set them on the path to see what its like to be a belayer! You will get a chance to belay some of your friends up the climbing elements! You will learn the different kind of knots we use, how to tie into the logs to keep yourself grounded, the proper belay technique and how to let a climber down safely! Another great aspect of this class is learning how to prussik (climbing on a rope) half way up the Alpine Tower!

### Climbing

This class will teach you the proper technique for climbing different elements such as the Climbing Wall, Alpine Tower, and Deadman's Cliff (real rock). You will start off easy and work your way to more difficult elements so that everybody can learn and improve together.

### Mountain Biking

Mountain biking is an exciting and thrilling class! Don't worry if you aren't all that great on a bike to start off with because you will leave this with a greater developed skill of biking! We will start off easy biking basics building up to small jumps over rocks and sticks. We will ride some of the tracks we have around camp with trips to Onandaga and around Cedar Lake! Bike maintenance may also be reviewed in some classes if the sun decides to take a siesta (rainy days)!

### Outdoor Cooking Choice

Filled with cinnamon apples, orange muffins, pancakes, and more, this class is the best tasting one yet! Campers get to build their own menu from the variety of recipes we have to offer. You will learn how to build a great fire for you to cook these delicious snacks on. We start off with some s'mores and by the last day, we will be cooking up a storm!

### Outdoor Survival III

A great class to have some competitive fun in! You will learn how to work together in a team to build a raft and for you and your friends to hop aboard! You will learn the knots used to help tie the wood together and to keep the flotation barrels attached to the raft too! After that, a round of making fire by friction will heat up the competition! On the last day when your projects are all done then you will have a race to see who will come out as the Outdoor Survival winning team in the OP Challenge!



## Activities for 9<sup>th</sup> - 10<sup>th</sup> Graders

# LAND SPORTS

### Archery

Archery is a target sport activity which is fun for all ages. You will learn techniques on how to improve your form on the archery range. Practicing this skill will help develop your self control and hand/eye coordination. On the last day classes, campers can choose to participate in the Archery Challenge which is a shooting competition based off Olympic Archery Scoring.

### Camp Sports Choice

This choice program is focused on giving our campers the opportunity to sample a variety of different games and activities we have here at Camp Hazen. Similar to Y-Sports, the class will choose their schedule from a list of options. These include Pillo Polo, Gaga, Kickball, Pickleball, Tennis Racket Baseball, Whiffleball, and Disc Golf. It's a fun and exciting way to learn some new sports as well as enhance the skills you already have.

### International Sports Choice

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### Skateboarding

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Our tennis skill class is for everyone from to those who have never touched a racket to pros. You will get to learn and practice under the supervision of our tennis playing Hazen staff. This sport is a lot of fun, exciting, and a great challenge.

### Y-Sports Choice

Our Y-Sports Choice is a combination of many different sports. On the first day, campers will decide, as a group, their schedule for the week. This bundle consists of learning new techniques and skills in the following sports: Soccer, Basketball, Volleyball, Floor Hockey, Flag Football, and Ultimate Frisbee in this class you will learn a lot and get to play a mix of the traditional and new YMCA sports.



## Activities for 9<sup>th</sup> – 10<sup>th</sup> Graders

# WATER SPORTS

### Lifeguard Skills

This skill class will teach some life guarding skills such as how to recognize a swimmer in distress as well as some basic rescue skills that could be used in different situations. This is a perfect class if you would like to be a lifeguard some day! This is not an actual lifeguard course, just a fun way to learn some techniques that real lifeguards use!

### Paddle Sports

This is a skill class that will teach you how to paddle a canoe and a kayak. You will learn several types of strokes to help you maneuver around Cedar Lake. You will also learn how to right a capsized boat and how to reenter the boat while out on the lake. Paddle class also gets to enjoy an adventurous paddle down Snake River. Campers will also have the opportunity to attempt the Water Sports Challenge. This is a timed event where campers can put their skills to the test by canoeing and then kayaking through a predetermined course with a partner.

### Sailing

This is a skill class that will teach you about the basic principles of sailing. You'll learn how to set up a sailboat, how to maneuver around the lake, and how the wind will affect your ability to do this. This included basic maneuvers such as how to tack and jib as well as how to right a capsized boat.

### Water Sports Choice

This is a class where you will be able to sample several activities offered on the waterfront. This includes a quick introduction to Kayaking and Canoeing as well as a variety of water games, snorkeling, and some fun times on the Water Mat and Trampoline.

### Windsurfing

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## Activities for 9<sup>th</sup> – 10<sup>th</sup> Graders

# CREATIVE ARTS

### **Creative Arts Choice**

This is a fun class designed to give campers a chance to learn how to use a variety of tools and materials in CA classes. Campers will be able to choose to spend one day each on making candles, melty beads, dream catchers, mask making, camp jewelry, warm fuzzies, bead projects, sculpey clay, and/or baskets.

### **Drama**

Campers will ease into the class with improv games, later going through an audition process to be allocated a role in the session's drama production. Campers will memorise and practice their lines and be part of the show on the last day of the session, viewed by the entire camp!! If you don't want to be in the limelight, this class also includes a set design crew!

### **Guitar**

Campers will learn basic guitar skills such as recognizing and memorizing the locations of chords, being able to switch between chords, and tuning a guitar. Campers will work towards being able to play a song at the end of the session using a pick.

### **Media - Radio & Journalism**

Campers will learn how to use radio equipment and develop an interest in media in this class. Campers will work in a team, planning segments to create a radio show which will be transmitted across camp and its surrounding area. This class also gives campers a introduction to journalism. Campers will discuss interview techniques and popular newspaper article styles. The class will culminate in publishing a camp-wide newspaper with stories and pictures about the current events of the session.

### **Painting & Drawing**

This class is designed for campers with an amazing amount of creativity. You will be sketching, designing, drawing, and painting everyday. Each camper selects a final project to be completed withing the week!. It could be a line drawing, still life, or even a mural within the Creative Arts building. You will see the project from start to finish. This is a great way to leave your mark on Camp Hazen.

### **Screen Printing**

The class will get to learn the basics of silk screening as they decide on a pattern, create a screen, and then print it on to T-Shirts and Posters.

### **Wood Burning**

In this is a classic camp activity campers will get to pick their own project whether it be branch or precut wood. Then prepare it with whittling and sanding. Finally they will use our wood burning tools under the careful supervision of their instructors to design a unique pattern.



# YOUR ADVENTURE AWAITS YOU...

Can't wait to see you this summer!  
Call to arrange a personal family tour.

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## **Our Mission:**

Camp Hazen YMCA is committed to helping youth develop valuable life skills through camping experiences that build healthy bodies, open minds and awakened spirits.