

## Skill Information

Campers receive their skill schedule after morning watch on Monday morning. The six skills listed on the schedule remain the same for the entire session unless changes are made on Skill Change Day (Wednesday).

### May I select Arts & Crafts, Babysitting, Cooking, Digital Photography, Sewing, or Horseback Riding if I did not pre-register when I mailed in my application?

Yes, but class sizes are limited to maintain quality instruction. Therefore, it is possible that a waiting list has already formed. If so, you will be placed on the waiting list. **Added note: If you are signing up late for these skills, please indicate this on both the “charges & options” and the “skills selection” sheets.**

We reserve a limited number of spaces in the paid skills for one week campers. Once those spaces are filled, we will begin a waiting list.

### What if I need to change a skill after the first day?

Campers who wish to change a skill may do so on Skill Change Morning. The skill coordinator will be in Dove's Den **before breakfast** on the first Wednesday. New schedules will be issued after morning watch.

Campers may not add or drop paid skills (arts & crafts, babysitting, cooking, digital photography, sewing, or horseback riding) on skill change day.

## \*\*\*\*\*Specific Skill Information\*\*\*\*\*

**Aerobics**... This is a skill **for campers ages 10-15**. Ready to get in shape, girls? The aerobics class at Hollymont provides rhythmic exercise with stretching and strength training routines. The goal of this skill is to improve the all around fitness level and is performed to music and workout videos.

**Arts and Crafts**... This is a very popular skill and one that's fun for all ages! Campers get to exercise their creativity as they work to complete 2-4 art projects using a variety of media and methods. Activities will vary from session to session and may include clay, jewelry, and fine art projects.

**Archery**... Campers will learn the proper ways to effectively and safely shoot a bow and arrow. They will learn to hit a stationery target.

**Athletic Conditioning**... This skill is designed **for campers ages 12-15** who are very serious about maintaining or improving their overall fitness level. Activities will include running, agility and sprint drills, aerobics, etc.

**Babysitting**... This is a skill **for campers ages 11-15**. Girls learn how to care for children on behalf of their parents and how to care for them in emergency situations. This skill is certified by the American Red Cross. **The content of this skill requires campers to devote two skill periods to learning the materials.** *(You will only have a total of 5 skill activities.)*

**Basketball...** This skill is held indoors in our state-of-the art gymnasium. Campers will learn rules, regulations, positions, plays, how to properly dribble, pass and shoot a basketball. This is such a fun sport and it's a great opportunity to build on team sportsmanship.

**Cheerleading...** Two, four, six, eight... Learn new routines, chants, and cheers so you can help your favorite team gain a victory!

**Choir...** If you like to sing, join our Hollymont choir! Your group will have the opportunity to sing in chapel, the skill show, etc...

**Cooking...** Girls get hands on experience in the fine art of cooking. We try to cook a variety of items - casseroles, salads, desserts, etc. We discuss the importance of cleanliness during food preparation, good nutrition, kitchen safety, etc...

**Creative Writing...** Express yourself! Learn the power of the written word. Campers will learn several approaches to writing to come up with original and unique pieces of work. (Participants must know how to read and write.)

**Dance...** We teach contemporary dance. Occasionally, we will have enough interest to study a specialized dance topic (tap, jazz, ballet, and ballroom dancing).

**Digital Photography and Editing...** **Campers will use digital cameras provided** in class to complete digital photography assignments. Campers will learn picture-taking techniques, computer photo printing, and complete a photograph display project.

**Drama...** Campers will learn how to perform on stage. They will create their own scenarios and ideas to form plays. Campers in this skill enjoy performing in front of the entire camp in the skill show, talent show, etc.

**Guitar...** Campers will use praise and worship choruses to learn basic chords and strumming patterns. You will get a chance to play in the skill show. You must bring your own acoustic guitar (and extra strings and a pick wouldn't hurt).

**Gymnastics...** After understanding the importance of stretching and safety, we focus primarily on tumbling and floor exercises.

**Horseback Riding...** We teach English style of riding. You will need long pants (riding pants, jeans, or slacks). We recommend bringing a horseback riding helmet and shoes with heels and a smooth-surfaced soles. We do have riding helmets that you can borrow but to resolve health and safety concerns, we strongly encourage that you bring your own. (Bike helmets must have manufacturer's dual use certification if used for horseback riding.)

**Land Sports / Group Games ...** Let's bring back recess! Campers have the opportunity to play a variety of games over the course of the session. Games include jump rope, Frisbee, tag, hopscotch, four square, badminton, dodgeball, softball, golf, etc. Every day is different!

**LIFE (Living in Faith Everyday)...** This is an extra opportunity for girls ages 13-15 to talk with peers and camp counselors about the real life issues that concern you. Learn how to apply Biblical truths to your life 365 days a year. HOPE INSTILLING... SOUL ENCOURAGING... LIFE CHANGING **Bring your Bible.**

**Modeling and Manners...** This is your chance to learn how to present yourself with grace. Modeling helps improve the way you walk, stand, etc. Manners encourages poise and politeness (table manners, phone manners, tea party etiquette, etc.).

**Outdoor Living...** We have a lovely campus and this is your opportunity to enjoy it. We'll take walks, hike through the woods, set up a tent, learn to build a fire, and learn about plants and animals living in our own backyard. We will also cover first aid procedures for animal bites, bee stings, sunburns, heat exhaustion, hypothermia, etc.

**Pilates... Offered B2 and C sessions only.** This skill is designed for girls ages 11-15. Campers will learn pilates exercises to strengthen their core muscles and increase their flexibility.

**Hand Sewing...**(ages 6–15) We like to give campers the opportunity to develop their “hand-sewing” skills. We select projects that will allow campers to learn both practical (sew on a button, hem a pair of pants, etc.) and pretty (embroidery, cross-stitching, etc.) sewing techniques. Sewing project examples: Ribbon belts, hats, purses, etc.

**Machine Sewing...**(ages 12–15) Older, more experienced campers will have the opportunity to learn basic sewing machine skills, how to use a pattern, etc. Project examples: garment bags, tote bags, aprons, patchwork pillows, and more.

**Sign Language...** Our most popular activity in Sign Language is the sign interpretation of contemporary music. You will also work on finger spelling and learn basic signs and phrases.

**Soccer...** Campers will learn the rules of the game and how to be a team player. They will drill and learn to kick, pass, dribble, and SCORE!!!

**Swimming...** Our goal is to teach campers to swim or improve their swimming techniques. If you don't sign up for swimming, will you get to swim? If you want to swim everyday, we suggest you sign up for swimming or water aerobics skills. Night and hall activities *may* include pool time.

**Tennis...** Game, Set, Match! Singles, doubles, keeping score, forehands, backhands, and much, much more! Serves, volleys, and overheads too - in this fun skill, there's much to do!

**Volleyball...** Campers will learn the basic principles of the game. Serve, pass, set, attack – this is a great skill and you'll want to come back!

**Water Aerobics...** Pool time with a purpose! Campers must be 4'6" tall in order to stand at 4 foot pool depth with chin out of the water.

# **DAILY SCHEDULE**

8:15	BREAKFAST
9:00	Morning Watch
9:25	Cluster Clean-up
9:45 - 10:35	1 <sup>st</sup> skill
10:45 - 11:35	2 <sup>nd</sup> skill
11:45 - 12:20	LUNCH
12:30 - 1:15	3 <sup>rd</sup> skill
1:25 - 2:10	4 <sup>th</sup> skill
2:15 - 2:45	Canteen
2:45 - 3:40	Rest Hour
3:50 - 4:35	5 <sup>th</sup> skill
4:45 - 5:30	6 <sup>th</sup> skill
5:40	DINNER
7:30	Night Activity
9:00	Devotions
9:30	Lights out (Hummingbirds)
9:45	Lights out (Cardinals)
10:15	Lights out (Eagles)

# 2011 Summer Skill Schedules

## 13 Day Session Skill Schedule

Mon	Tue	Wed	Thurs	Fri	Sat
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	morning hall activity, afternoon pic-a-skill activities
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	Horse show / Afternoon wrap-up	CLOSING DAY	

## 7 Day Session Skill Schedule

Mon	Tue	Wed	Thurs	Fri	Sat
FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	FULL SKILL DAY	Closing day, depart between 9:30 a.m. and 11:00 a.m.

27 Day Session = Two 13-Day Skill Schedules