



## Warren Willis Summer Camp Activity Group Descriptions

This document contains descriptions of activities that your camper may participate in while at camp. NOT ALL OF THESE ACTIVITIES WILL BE OFFERED EACH WEEK. Activities will be offered each week based on the number of campers, and the availability of staff to teach them. 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, DC- Day Camp.**

**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, DC

**Basketball-** Campers will learn the rules and play basketball. 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

**Bouldering/Slackline-** Bouldering is a form of rock climbing that is performed without the use of ropes or harnesses. Campers feet should never go above 3 ft. high. Slacklining is a practice in balance that typically uses nylon webbing tensioned between two anchor points. Campers will have the opportunity to try slacklining at a low height. 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, DC

**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. ES, MS, HS, DC

**Classic Group Games-** Campers will participate in some of the “best of the best” in group games; duck duck goose, freeze tag, hide and seek, etc. Water is available throughout the activities, and organized water breaks are taken periodically. Two of our summer staff are assigned to supervise and lead these activities. ES

**Coffee/Juice Chat-** Campers will be given the opportunity to spend time diving deeper into the weekly theme and the evening worship topics. During this time our worship speaker for the week will meet with the campers to answer questions and lead conversations. ES, MS, HS,

**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, DC

**Creative Worship -** Campers will work together to participate in worship during their week of camp. Along with the worship speaker and worship coordinator campers will work together to create worship elements that will be used each night in worship to enhance the experience for the campers. Two of our summer staff are assigned to supervise and lead these activities. ES, MS, HS

#### **Dance and Drama -**

**Disc Golf-** Campers will participate in an 18-hole disc golf course. Campers will use small discs to aim for and score by getting their disc into the basket in the lowest number of throws. 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, DC

**Fishing and Nature-** Campers will spend one day in our nature center learning about different kinds of animals and Florida nature and wildlife. The second day of this skill the campers will utilize cane poles to fish the waters of Lake Griffin. Campers will be taught basic fishing principles. 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, DC

**Flag Football-** Campers will learn the rules, and play flag football. Tackling will not be permitted, although incidental contact may occur. 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

**GaGa-** Campers will have the opportunity to learn the rules and play a fun camp game called gaga. This is a version of dodge ball played in a gaga pit. 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, DC

**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

**High Ropes Climbing Wall-** 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. Middle School students will only have the ability to participate in the Climbing Wall. 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. MS

**Kickball-** Campers will learn the rules and play kickball. 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, DC

**Nine-Square-** This will be an introduction to the rules and strategy of 9-square. This skill is intended for those that do not know how to play nine-square. 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, DC

**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 4-5 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

### **Science Experiments**

**Soccer-** Campers will learn the rules and play soccer. 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, DC

**Tubing/Leisure Games-** Campers will be pulled, two at a time on a large tube on Lake Griffin. Campers will wear helmets to avoid head injury. A trained driver will be in operation of the boat. There will be 2 lifeguards (the boat driver and another lifeguard) present on the boat with the campers. While they are waiting their turn to tube, they will be taking part in different leisure games, such as corn toss, horse-shoes, bocce ball, etc. A counselor will be on shore with the campers who are waiting their turn. 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

**Volleyball-** Campers will learn the rules and play volleyball. 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

**Water Games-** Campers will be given the opportunity to play water games in the shallow section of our pool. Each camper must pass a swim test to take part in this activity. Lifeguards will be in duty at the pool during this time. ES, MS, HS, DC

**Yoga/Aerobics-** 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, and prayer. Campers will also have the opportunity to take part in different aerobic games and activities. Two of our summer staff are assigned to supervise and lead these activities. Water is available throughout the activities, and organized water breaks are taken periodically. ES, MS, HS, DC