

# LAKE GREELEY CAMP

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## Daily Program Flyer

### DAILY PROGRAM

The daily program at Lake Greeley Camp operates differently depending upon the age of the camper. Junior campers, children entering the 4th grade and younger, participate in the daily program utilizing a cabin-structured format. In this format, campers follow a daily activity schedule traveling from one activity site to another as a cabin group under the supervision of one or more counselors. During the course of a week most of the activities that Lake Greeley Camp offers will appear in a junior cabin activity schedule. These schedules are designed specifically for the age and gender of the campers in those cabins. Opportunities are available during the summer to adjust these schedules in response to changes in camper's interests.

Intermediate campers, children entering 5th through 7th grades, and senior campers, children entering the 8th, 9th, and 10th grades, participate in a 100% free choice, daily elective program.

### THE ELECTIVE PROGRAM & ELECTIVES FORM

Lake Greeley Camp's daily program for our intermediate and senior campers is a 100% free choice, elective program that provides our campers with the opportunity to explore their individual interests. Every day campers choose the activities in which they would like to participate. Each morning campers attend an activity sign up period. During this sign up period, campers select the activities they want for that day. Each camper is given an activity schedule card on which the activities they select are written. Once they select an activity, campers then add their name to the activity roster. An activity roster is generated for each activity and is used to confirm the attendance of campers at each activity site.

Campers sign up for activities with their cabin mates and other campers in their age division. This allows campers to plan their daily schedule with their friends. Lake Greeley Camp's program staff provide guidance during the sign up period and are available throughout the sign up period to assist campers in planning their activity schedule.

### PARENTAL CONTROL

Parents who wish to maintain some control over the activities their child attends while at camp should review the 2016 Electives Form.

This form is not mandatory and need not be completed if you prefer to have your child choose all of his or her activities. Complete and return this form only if:

- You want to prevent your child from participating in a particular activity.
- You want your child to receive three activity periods of swim

instruction each week.

- Your child has a significant interest in one particular activity and you want to ensure he or she regularly participates in this activity. You, therefore, select this activity as your child's major activity. By selecting a major, your child will be scheduled that activity three times each week. The activity will automatically appear on your child's activity schedule card. (If you want more than three periods, your child may add additional periods of this activity during the activity sign up period.) **Please keep in mind, choosing a major will limit your child's ability to schedule activities with his or her friends or adjust to weather conditions at the camp. These activities must be followed as they appear on your child's activity schedule card. They cannot be rescheduled during the activity sign up period.** Please be sure to discuss what you select on this form with your child before you submit it.

If you prefer to have your child choose his or her activities freely without restrictions, do not submit this form.

Typically, intermediate campers are scheduled with intermediates and likewise, senior campers are scheduled with seniors. For intermediate campers, most activities are scheduled by gender except for waterfront, creative arts, and performing arts activities. Activities for senior campers are scheduled coed except for contact sports.

According to the camp's daily program, there are usually 6 activity periods each day (each period is 55 minutes). Customarily, between one half to one full day each week is set aside for a camp wide special event (Dorney Park trip, camp carnival, etc.). On these days, the camper's individual schedule is superseded by the special event.

Typically, there are no limits to the number of periods an activity can be selected. However, we strongly recommend campers broaden their experience and participate in a variety of activities during their stay at camp. We, therefore, advise campers to limit their participation in a particular activity to no more than two activity periods per day.

### SUPERVISION

All intermediate and senior campers are supervised during the operation of the daily program by the instructors present at the activities as well as by our program directors, supervisors, and attendance staff. As our campers travel to their various activities, they are supervised and assisted, if necessary, by all program staff members and division directors. Attendance is taken at each activity. Campers who are marked absent are promptly located by members of our attendance staff. Attendance is mandatory. Participation at the activities is strongly encouraged. If a camper is not attending activities as

scheduled or there is a lack of participation at the activity site, the camper's parents will be notified. If attendance does not improve, the camper may be dismissed from camp.

### DAILY ACTIVITY SCHEDULE CARD

Every camper participating in the elective program will be given a new activity schedule card every morning (see below).

Activities identified as a major or additional fee activities will be preassigned and printed on a camper's activity schedule card and must be followed as they appear on this card.

| LAKE GREELEY CAMP DAILY ACTIVITY SCHEDULE CARD |              |                    |
|--|--------------|--------------------|
| DOE, JOHN                                      |              | FIRST HALF SESSION |
| CHEROKEE, INTERMEDIATE                         |              |                    |
| DATE: 7/15/16                                  |              |                    |
| PERIOD   | ACTIVITY     | COMMENT            |
| PERIOD 1                                       |              |                    |
| PERIOD 2                                       | HORSEBACK    | major              |
| PERIOD 3                                       |              |                    |
| PERIOD 4                                       |              |                    |
| PERIOD 5                                       | SCUBA CLINIC | add'l. fee         |
| PERIOD 6                                       |              |                    |

### ACTIVITY EQUIPMENT

Unless otherwise indicated, Lake Greeley Camp supplies all of the equipment necessary for the camper's participation in all of the activities offered at Lake Greeley Camp. The Camp supplies: helmets (for horseback riding, mountain biking, rock climbing, quad riding, ropes course, zip line, paintball, street and roller hockey, lacrosse, softball and baseball), tennis racquets, cameras, keyboards, guitars, archery and riflery equipment, mountain bikes, life vests, fishing poles as well as the standard equipment required to operate our featured activities. Lake Greeley Camp does not supply baseball gloves or in-line skates.

Often, campers bring their personal equipment to camp even though such equipment is supplied (tennis racquets, fishing poles, lacrosse sticks, hockey sticks, skateboard, and related protective equipment, etc.). These items are permitted and typically can be stored in the cabin, however, they can only be used at the appropriate activity site and only when supervised by an instructor. Unauthorized use of personal equipment will result in the equipment being confiscated until the camper's departure.

Please note that baseball bats or paintball markers may not be brought to camp.

### DAILY ACTIVITIES

#### SWIM INSTRUCTION

Junior campers are scheduled 3 periods of American Red Cross swimming lessons each week. Junior campers can elect not to participate in this activity only with parental notification. Intermediate and senior campers schedule swimming lessons through the elective program. The swimming ability of each camper will be tested on the first day of their camp session. Participation in many boating activities require campers pass our deep water test.

#### RECREATIONAL SWIM

Each week, junior campers are scheduled 2 periods of recrea-

tional swim at the pool. Intermediate and senior campers may schedule recreational swim as they would any other activity, through the elective program. All activities in the swimming pool are guarded by American Red Cross (or comparable agency) certified lifeguards.

### HORSEBACK RIDING

Instruction in horseback riding is available in English and Western styles. Western style of riding features a large saddle with a "horn". Because of the size of the saddle, most novice riders feel more secure and, therefore, start out on a western saddle.

Our horseback riding classes are designed to accommodate several instructional groups in our two riding rings as well as an additional group of riders on a recreational trail ride. For our advanced riders, classes in jumping are scheduled separately.

Unlimited activity periods of horseback riding each week are included as part of the camp tuition. Junior campers are scheduled 2 activity periods each week, however, additional periods of riding can be scheduled if they desire. There is no charge for additional activity periods of horseback riding.

Please note that campers participating in horseback riding must wear long pants and shoes (or boots) with at least a 1/2 inch heel.

### FLYING TRAPEZE

The flying trapeze operates at a height of approximately 25 ft. above the ground. For safety purposes, a harness, attached to control lines, and net are used. As campers become more prolific at this activity and advance beyond basic trapeze maneuvers, they may perform tricks without the use of a harness and control lines.

Trapeze is available to campers of all ages.

### BUNGEE TRAMPOLINE

Combine a trampoline and bungee cords, and you have one extreme trampoline! Up to 4 campers participate at one time, each on their own trampoline. Each camper is individually secured to bungee cords via a harness (similar to those used at the rock wall). The bungee cords provide additional jumping height while slowing the camper down as he or she returns to the trampoline surface permitting the camper to perform acrobatics, somersaults, etc. Great fun for all ages!

### TENNIS

Under the direct supervision of the tennis director, Lake Greeley Camp's tennis facilities consist of 5 hard surface tennis courts. The camp provides the tennis balls and racquets to all campers who participate in this activity. However, if campers prefer, they are permitted to bring their own racquets.

Tennis shoes with black soles cannot be worn as they mark the tennis court surface.

### ROCK CLIMBING, ZIP LINE & HIGH ROPES

The rock climbing activity involves physical challenges at varying heights. Our bouldering wall and low rope elements are but a few feet off the ground. The rock wall, climbing tower, zip lines, and high ropes course offer physical challenges which occur between 10 to 40 feet off the ground. Proper at-

tire, mid-thigh or longer shorts, is required. Protective equipment is supplied by the camp.

## **GYMNASTICS**

A vigorous warm up begins each class emphasizing strength, balance, flexibility, and agility followed by drills for endurance and skill progressions. Instruction begins with floor technique (tumbling skills) and extends to low balance beam, hand stands, hand springs, walk-overs, limbers, and more.

Instruction is provided in small groups and on an individual basis by a staff of trained coaches under the supervision of Lake Greeley's gymnastics program director.

## **IN-LINE SKATING/ROLLER HOCKEY**

Campers selecting in-line skating or roller hockey must supply their own skates. The camp will provide protective equipment (helmets, elbow pads, knee pads, and wrist guards). At all times, campers must wear elbow pads, knee pads, and a helmet. Wrist guards are not mandatory, however, are strongly recommended. Campers may bring their own protective equipment and hockey stick to camp.

## **SKATE PARK**

With 18 different ramps and rails, the skate park has become the center of our action sports program. Lake Greeley Camp provides skateboards and protective equipment for campers who do not have these items with them at camp. However, since the equipment for this activity is often modified for the individual's abilities or personal preferences, we recommend campers bring their skateboard or in-line skates to camp along with the required protective equipment. Required protective equipment includes helmet, elbow pads, and knee pads.

At all times, campers must wear elbow pads, knee pads, and a helmet to participate in these activities. Wrist guards are not mandatory, however, are strongly recommended. Campers who refuse or repeatedly ride without wearing the required protective equipment will not be permitted to participate in this activity.

## **WEIGHT LIFTING**

Free weights, multi-gyms, and dumb bells are utilized at this activity. Weight lifting is available only to senior boys and girls.

## **CREATIVE ARTS ACTIVITIES**

The camp tuition covers the cost of all creative arts activities: leather work, painting, drawing, beading, macrame, kite making, stained glass, lanyards, woodworking, copper enameling, jewelry projects, and more. Art shows are held at various times during the summer so that campers may display their talent through their exceptional works of art.

## **FABRIC FACTORY**

This activity allows campers to decorate articles of clothing, usually t-shirts. The fabric factory features instruction in tie dyeing, batik, silk screening, use of fabric paint, and more. We recommend that you pack several white t-shirts for this activity, or you can purchase inexpensive t-shirts in the camp store.

## **CERAMICS/POTTERY ACTIVITY**

The ceramics/pottery activity includes: potters wheel instruc-

tion, throwing a pot, sculpting, pinch potting, pouring molds, cleaning greenware, glazing, painting, and clay work. All supplies needed in this activity are supplied by the camp.

## **PHOTOGRAPHY**

The photography program is available to both intermediate and senior campers. Campers receive instruction in 35 mm, black & white film photography. They then learn how to develop the film and enlarge the photos in our very own darkroom. All photographic equipment, including 35 mm SLR cameras, and supplies are provided.

## **ROCKETRY**

Participation in the rocketry activity will require the purchase of a model rocket kit from the camp store. Rockets are priced at \$4.50 each. All supplies, equipment, and engines required for the construction and unlimited launches of the model rocket are provided by the camp. Launches take place in a designated area under the supervision of the camp's rocketry instructors, and all engines are kept under lock and key. Campers are permitted to bring rockets made at home and launch them at camp with our engines.

## **GOLF**

Golf instruction is available in the elective program for intermediate and senior campers. Instruction takes place on the camp grounds at the golf driving range and pitching area. The camp provides all equipment. Campers who desire a golf course experience, see Golf Clinics under Additional Fee Activities on page 4.

## **FISHING**

Fishing on Greeley Lake is a very popular activity. The camp supplies the fishing poles, the tackle, and even the bait. Campers are permitted to bring their own fishing equipment to camp, however, the fishing equipment will be stored in the boat house at the lake for the duration of the camper's stay in camp.

## **GYMNASIUM GAMES**

Inside our gymnasium, we play a variety of imaginative and entertaining indoor games including: pickle ball, bowling, dodgeball, 4-way volleyball, scooter hockey, and many more!

## **MUSIC**

From novice to advanced, Lake Greeley Camp provides music lessons in guitar, keyboards, and drums. Instructional material reviewed during these lessons are available for campers to take to their cabins so that they may continue to practice on their own for their next lesson.

Campers are welcome to bring their own guitars with them to camp.

## **FIELD HOCKEY/LACROSSE**

Field hockey and lacrosse are rigorous activities that have grown in popularity each summer and have become regularly scheduled daily activities. Lake Greeley Camp provides the athletic and safety equipment campers will need. However, campers may bring to camp their own field hockey/lacrosse sticks. In addition, the camp recommends campers bring mouth guards to camp.

## **GAGA**

Gaga is a form of dodgeball played inside an octagon shaped court using one or more playground balls. It's fast-paced, great exercise, and a ton of fun.

## **ADDITIONAL FEE ACTIVITIES**

These activities are not part of the elective program and require separate registration and program participation fees.

## **WATER SKIING, WAKEBOARDING & TUBING**

Instruction takes place on Lake Wallenpaupack in small group sizes to assure personalized instruction and maximum ski time. The cost is \$45.00 per session. The water skiing and wakeboarding activities are open to campers who are entering the 6th grade and older who have passed the deep water test and can demonstrate swimming skills equivalent to level 3 in the American Red Cross swimming program. All campers who have passed the deep water test are eligible to participate in the tubing activity. All equipment is provided.

## **PAINTBALL**

This activity is conducted exclusively on Lake Greeley Camp property. Both, open fields and wooded areas are utilized. Protective equipment (helmet and goggles) is provided by the camp. The cost is \$30.00 for a three hour session. Campers receive 400 paintballs per session. Paintball is open to campers entering the 5th grade and older.

## **QUADS**

Campers entering the 6th grade and older who select the quad riding activity will be given a control test to determine their ability to ride the quad and understand its operation. If the camper is evaluated as being unable to adequately control the quad, all quad riding program fees will be refunded as this activity is not included in the camp's tuition. Quad riding sessions are purchased by activity period. The cost is \$25.00 per activity period. Activity periods of quad riding missed because of inclement weather or a scheduling conflict will be rescheduled. Please note that campers must wear long pants, a long sleeve shirt, and a hard shoe.

## **SCUBA CLINICS**

Conducted in our swimming pool by PADI certified scuba diving instructors from Inland Water Sports, scuba clinics are optional activities available to all campers entering the 5th grade and older who have passed the deep water test. All scuba equipment is supplied by Inland Water Sports. Each clinic is approximately 1 hour in length and cost \$25.00.

## **WHITE WATER RAFTING**

Together with Landers River Trips, our white water rafting trips are run on a six mile stretch of the Delaware River. They are available to campers entering the 6th grade and older who have passed the deep water test, can demonstrate swimming skills equivalent to Level 3 in the ARC and have passed Lake Greeley Camp's River Safety and Paddling Test. The cost is \$40.00 per trip.

## **GOLF CLINICS**

Conducted at the Lynx at River Bend Golf Course, golf clinics include a 30 minute lesson taught by a PGA (Professional Golf

Association) Professional, lunch, and nine holes of golf. Lake Greeley Camp provides transportation, golf clubs, golf balls, tees, and supervision. The fee is \$45.00 per person per clinic. Campers must have an understanding of basic knowledge of golf etiquette, demonstrate basic golf skills, and wear proper attire.

Clinics are scheduled based upon camper interest.

## **TRIPS**

Two camp wide trips to Dorney Park & Wildwater Kingdom are scheduled, one in each half of the summer. All campers and staff members, including our medical staff and food service staff, attend these trips. Admission into Dorney Park and meals, while at the amusement park, are provided by the camp.

## **RAILRIDERS BASEBALL GAMES**

For the baseball enthusiast, the triple A affiliate of the New York Yankees, the Scranton/Wilkes-Barre RailRiders, is a great opportunity to see the stars of tomorrow. Admission, dinner, and roundtrip transportation is included in the registration fee. The cost per game is \$35.00, registration is accepted on a first-come, first-served basis.

## **REMINDER (PARENTAL SIGNATURES)**

Registration forms for programs requiring additional fees (paintball, quads, golf clinic, RailRiders baseball games, water skiing/wakeboarding/tubing, the 3-day Washington, DC/ Virginia trip, scuba, and white water rafting) are accessible online. You can find them on your Forms Dashboard in your CampInTouch account. You can also download these forms from Lake Greeley Camp's forms webpage at [www.lakegreeley.com/registration/forms.html](http://www.lakegreeley.com/registration/forms.html). Before submitting registration forms to the Moscow office, please sign each form where required and include payment.

## **QUESTIONS**

We've tried to answer most questions related to our daily program. If we have forgotten something or you have any questions, please email us at [info@lakegreeley.com](mailto:info@lakegreeley.com) or call us at (570) 842-3739.