



## SUMMER CAMP FACT SHEET

WEEK 1 (JULY 4-8) \$75/week

### **CAMP FITNESS**

#### **A Confidence Building Camp (Ages 6-17)**

CICAC provides a health & fitness camp week for children of all skill levels. We find that most kids enjoy being active and playing games that test their physical endurance and strength. With that in mind, we teach them the proper fitness techniques such as cardio, conditioning, strength training, and stretching. We demonstrate ways to incorporate fitness activities, nutrition and mindful meditation into their daily lives that will help to keep them strong, committed, and healthy while still having fun and spending time with friends.

Each day, the children get movin' in dance classes as well as strength training, music-charged cardio workouts, art & nutrition, yoga & meditation, and participating in group games like kickball, soccer, races, and more. This camp week ends with an exciting fitness field day event!!!

WEEK 2 (JULY 10-14) \$75/week

### **CAMP REACT**

#### **Physical Theatre & Arts (Ages 6-17)**

Students will cultivate a better understanding of movement, physical expression, and storytelling through the world of physical theater using mime, clowning, acting and puppetry as their tools. Our day-camp is a fun-filled, week-long performance camp focused on encouraging campers to engage their world with enthusiasm and confidence.

Campers will also take high quality instruction that goes far beyond the basic cut and paste, and arts & crafts offered in most schools. We offer our campers the basic understanding of how to draw and paint.

WEEK 3 (July 17-21) \$75/week

### **CAMP INSPIRATION**

#### **MUSICAL THEATER (Ages 6-17)**

In this performance based class, campers will learn to vocalize properly, convey emotions through song, dance to choreographed routines, memorize scenes, and play theater games. Using the great art of the American Musical Theatre, students will explore dance, vocal performance and theatrical interpretation of some of the most popular musicals of the modern Broadway stage.



WEEK 4 (JULY 24-29) \$85/week

**CAMP UNLEASH (Ages 6-17)**

**Fine & Performing Arts**

**ART: DRAWING & PAINTING**

Campers will take high quality instruction that goes far beyond the basic cut and paste, and arts & crafts offered in most schools. We offer our campers the basic understanding of how to draw and paint.

**CREATIVE MOVEMENT**

Campers will begin to explore the world of interpretive dance, and hip hop. They will learn to tell a story or convey emotions with their bodies. This class includes: bar warm-ups, turns, jumps across the floor, floor work, and choreography.

**MUSICAL THEATER**

In this performance based class, campers will learn to vocalize properly, convey emotions through song, dance to choreographed routines, memorize scenes, and play theater games.

**PHOTOGRAPHY, MODELING & POSING**

Campers will get the inside scoop on what it takes to be photographer. They will learn posing techniques, framing, and the different types of photography. Campers will also learn about the world of modeling.

**KIDDY CAMP: JULY 4 – JULY 29 (10am-3:00pm)**

**YOUNG VISIONARY CAMP (Ages 2-5) Same weekly rates apply**

A fun and educational way for young children to spend their summer. Specially designed for preschoolers, campers enjoy instructional and recreational sports, games, arts and crafts, outdoor play, story time and more.

**Camp Times:**

Camp Counselors: 9:30-3:30

2 - 5 yrs: 10am – 3:00pm

6 -17 yrs: 10am – 3:00pm

**Dress Code**

- Shorts
- T-Shirts
- Socks
- Sneakers (no sandals or slippers allowed)
- Blanket (for ages 2-5 yr old's naptime)

**Don't forget your child's lunch:** Ages 6-17 must bring a lunch. Ages 2-5 should bring a small snack & lunch.