

Welcome to Camp!

Week of August 12-August 16



For each camp, please have your child bring the following:

- 1 drink
- 1 refillable water bottle
- 1 snack
- Sunscreen and hat

All personal belongings (food, clothing, bags, water bottles, etc.) should be clearly labeled with the child's name.

Half-Day Morning Camp (8:00 a.m.-12:00 p.m.)

CELEBRATION EXPLORATION

Campers will celebrate a year's worth of holidays in this fun-filled week. Campers will explore popular holidays including Valentine's Day, Halloween, and Thanksgiving, as well as lesser known holidays like Make a Hat Day and Umbrella Day. Campers will enjoy crafts and games as they celebrate the holidays.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • New Year's Day • Bird Day • Groundhog Day • Umbrella Day • Valentine's Day 	<ul style="list-style-type: none"> • Read Across America Day • St. Patrick's Day • Spring Equinox • Earth Day • Lost Sock Day 	<ul style="list-style-type: none"> • Flag Day • Summer Solstice • Independence Day • Math 2.0 Day • Lighthouse Day 	<ul style="list-style-type: none"> • Make a Hat Day • Playdough Day • Fall Equinox • Taco Day • Halloween 	<ul style="list-style-type: none"> • Veterans Day • America Recycles Day • Thanksgiving • Wright Brothers Day • Winter Solstice

What to bring and/or wear:

- Change of clothes in a Ziploc bag with child's name on it

Counselors: Erin, Olivia, Celeste, & Kintwon

C.I.T.s: Connor & Hayden

Programmer: Amanda High, ahigh@orangecountync.gov

FOOTBALL—JUNIOR

Football camp is designed to teach kids the basic fundamentals such as tackling, passing, receiving, kicking, running, blocking, and knowledge of football positions. Each day will consist of stretching, skill development, scrimmages, and skill competitions. Instruction will emphasize fair play, sportsmanship, leadership, and decision-making skills. Children will be placed into groups according to age; groups will be led by one or more camp leaders. No pads or helmet required.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Football positions • Throwing & catching skills • Scrimmage 	<ul style="list-style-type: none"> • Punting & kicking • Ultimate football • Defensive stance • Scrimmage 	<ul style="list-style-type: none"> • Running with the ball • Zone coverage • Scrimmage 	<ul style="list-style-type: none"> • Fumble recovery • Lineman skills • Scrimmage 	<ul style="list-style-type: none"> • Punt, pass, & kick skill competition • 3 on 3 tournament

What to bring and/or wear:

- Wear clothes appropriate for physical activity and close-toed shoes; no skirts, long pants, sandals, crocs, etc.
- Cleats are not required but recommended
- Bring or wear sneakers for use in the gymnasium

Counselors: Brian, Miguel, & Namron

C.I.T.s: Greyson & Victor

Programmer: James Lyon, jlyon@orangecountync.gov



MEDIVAL RENAISSANCE

Medieval Renaissance campers will be transported back in time to a world of knights, princesses, and a simpler way of life. Campers will work solo and in groups to create useful tools and learn skills that were essential to daily living in the medieval era.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Coat of Arms• Candle Making• Stained Glass• Medieval Board Games	<ul style="list-style-type: none">• Jester Contest• Medieval Life• Homemade Goblets• Paper Plane Dragon	<ul style="list-style-type: none">• Group Puppet Show• Jousting• Marionette Dragon• Handprint Castle	<ul style="list-style-type: none">• Castle Building• Catapult and trajectory• Castle demolishing• Dragon Eyes	<ul style="list-style-type: none">• The Black Death• Castle Building• Knight Shield• Outdoor Games

Counselors: Hayley & Kerissa

C.I.T.s: Katie & Joshua

Programmer: Sid Peterson, speterson@orangecountync.gov

COOKS AROUND THE WORLD—SENIOR

Each day, campers will “visit” a new country. Campers will not only learn to cook the local food; they will also learn about the country’s history, culture, and people. Children will also learn kitchen safety and culinary techniques. At the end of camp each day, campers will get to eat their work! *Some ingredients used may contain peanuts, tree nuts, dairy, gluten, or eggs.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Ravioli• Mozzarella sticks• Marinara sauce	<ul style="list-style-type: none">• Chips & Salsa• Chicken Quesadillas	<ul style="list-style-type: none">• Ramen• Cucumber Avocado Sushi	<ul style="list-style-type: none">• Swedish Pancakes• Swedish Meatballs• Swedish Cookies	<ul style="list-style-type: none">• Pita Chips & Hummus• Chicken Kebobs• Tahini Sauce

What to bring and/or wear:

- Long hair must be tied back

Counselors: Brenna, Grace, Josh, Julia, & Serena

Programmer: Sid Peterson, speterson@orangecountync.gov

Half-Day Afternoon Camp (1:00 p.m.-5:00 p.m.)

SPORTS SAMPLER—FOOTBALL, SOCCER, & TENNIS

Young players will be introduced to the sports of football, soccer, and tennis. Instruction will focus on fundamental skills and rules using enjoyable games and activities.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Football stations• Soccer stations• Tennis stations	<ul style="list-style-type: none">• Soccer stations• Tennis stations• Football stations	<ul style="list-style-type: none">• Tennis stations• Football stations• Soccer stations	<ul style="list-style-type: none">• Football stations• Soccer stations• Tennis stations	<ul style="list-style-type: none">• Soccer stations• Tennis stations• Football stations

What to bring and/or wear:

- Wear clothes appropriate for physical activity and close-toed shoes; no skirts, long pants, sandals, crocs, etc.
- Change of clothes in a Ziploc bag with child’s name on it

Counselors: Elliott, Josh, Koren, & Olivia

C.I.T.s: Greyson & Hayden

Programmer: Amanda High, ahigh@orangecountync.gov

321 BLAST OFF—JUNIOR

In 321 Blast Off, kids will build and launch their own rocket. Along the way, campers will learn about space and science, including rocket components and their function for flight. On the Thursday, weather permitting, campers will launch their rocket.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Stomp rockets• Moon crater• Balloon propulsion	<ul style="list-style-type: none">• Design parachute• Gravity experiments• Moon landing	<ul style="list-style-type: none">• Living on the moon• Hero’s engine	<ul style="list-style-type: none">• Rocket racers• Rocket launch (approx. 3:00 p.m.)	<ul style="list-style-type: none">• Canister rockets• Galaxy playdough

What to bring and/or wear:

- Wear clothes that may get messy from glue and paint

Counselors: Brenna, Crystal, & Namron

C.I.T.s: Christopher & Connor

Programmer: James Lyon, jlyon@orangecountync.gov

COOKS AROUND THE WORLD—JUNIOR

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What to bring and/or wear:

- Long hair must be tied back

Counselors: Grace, Hayley, Kintwon, Namir, & Serena

C.I.T.s: Janiah & Katie

Programmer: Sid Peterson, speterson@orangecountync.gov

ANATOMY ACADEMY

Anatomy Academy campers will take a fantastic voyage through the inner workings of our bodies as they explore the systems that keep the human body functioning. Campers will work in groups to build a skeleton as they learn about the skeletal system, discover how many times their heart beats in a minute as they learn about the circulatory system, make their own brain hat as they learn about the nervous system, and much more! On Tuesday, campers camp will make a model using marshmallows, red Jell-O, Fruit Roll Ups, and Twizzlers. Once complete, campers will be able to eat these ingredients. If your child has a food allergy that you did not make us aware of at registration or has developed a food allergy since the time of registration, please call the Recreation Main Office at 919-245-2660 with updated information regarding your child.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Levels of organization • Skeletal system 	<ul style="list-style-type: none"> • Muscular system • Integumentary system 	<ul style="list-style-type: none"> • Circulatory system • Respiratory system 	<ul style="list-style-type: none"> • Digestive system • Immune system • Lymphatic system 	<ul style="list-style-type: none"> • Nervous system

Counselors: Kerissa & Terrance

Programmer: Amanda High, ahigh@orangecountync.gov

Full-Day Camp (8:00 p.m.-5:00 p.m.)

PRETEEN ADVENTURE

Preteens will have an action packed week of field-trip fun and adventure-filled activities. There will be plenty of opportunity to learn new skills and participate in a variety of high-excitement, low-risk activities. Additional waivers may be necessary for some field trips. More information will be emailed to registered participants approximately one week before camp begins. Sites visited may include museums, adventure parks, nature parks, and other local attractions. Campers will return to the Central Recreation Center for lunch Monday through Thursday; campers will be off-site all day on Friday. Morning field trips will depart at 8:15 a.m. with an estimated return time of 11:45 a.m.. Afternoon field trips will depart at 1:15 p.m. with an estimated return time of 4:45 p.m., but may be delayed due to traffic. Friday field trip will depart at 8:15 a.m. with an estimated return time of 4:45 p.m., but may be delayed due to traffic.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • NC Museum of Natural Sciences • Jumpstreet 	<ul style="list-style-type: none"> • Polar Ice House Cary • Galaxy Fun Park 	<ul style="list-style-type: none"> • Movie <i>Kung Fu Panda 3</i> • Triangle Rock Club 	<ul style="list-style-type: none"> • Country Club Lanes West • Frankie’s 	<ul style="list-style-type: none"> • Celebration Station (pizza lunch provided)

What to bring and/or wear:

- Tuesday: Thick socks, gloves, pants, sweatshirt, and closed-toed shoes
- Wednesday: Closed-toed shoes
- Thursday: Sneakers and socks

Counselors: Kaylen, Kevin, Robyn, Veronica, & Virginia

Programmer: Robyn Glass, rglass@orangecountync.gov



Camp Logistics

EXTENDED CARE (MORNING & AFTERNOON)

Extended care is available in the morning (7:00 a.m.-8:00 a.m.) and afternoon (5:00 p.m.-6:00 p.m.) for a fee of \$15 per session per week. During extended care, campers are supervised by at least two Recreation Division staff. Campers can participate in free play activities including card and board games, coloring, LEGO® play, or their own preferred quiet-time activity. Campers not picked up from their afternoon camp by 5:15 p.m. will be escorted into extended care and assessed a \$5 late pickup fee; payment required at the time of pickup.



MORNING DROP-OFF & KISS & GO

Kiss & Go will be available for drop off beginning at 7:45 a.m. each morning. Kiss & Go drivers should enter the drive in front of the Central Recreation Center from Tryon Street. Staff at the front steps will open your car door and welcome your child(ren) to camp. Campers will be supervised upstairs to the gym for check-in and parents can exit the front drive onto Hassel Street. Parents wishing to escort their child(ren) into camp should go to the rear gravel parking lot and enter the gymnasium through the rear doors. Kiss & Go will be available until 8:10 a.m. Campers dropped off after 8:10 a.m. or for afternoon camps should enter through the front doors and be escorted by a parent to their camp room.

LUNCH

Campers enrolled in Half-day Camps may participate in lunch supervision (12:00 p.m.-1:00 p.m.). Campers in full-day Preteen Adventure camp will return for Lunch Monday through Thursday, but will have lunch off-site on Friday. Lunch is not provided; campers must bring their own non-perishable meals. Refrigerator and microwave are not available. Lunch Supervision is included in a full day of camp enrollment (morning and afternoon camps combined). Lunch Supervision is available for \$15 for campers enrolled in only a half-day of camp. Campers not picked up from their morning camp by 12:15 p.m. will be escorted into the lunch supervision with their appropriate age group and assessed a \$5 late pick-up fee; payment is required at time of pickup.

Lunch will occur on the following schedule:

	12:00 p.m.-12:30 p.m.	12:30 p.m.-1:00 p.m.
4-6-years-old & 10-12-years-old	Lunch	Gymnasium
7-9-years-old	Gymnasium	Lunch

Campers enrolled in Morning Half-day Camps will be signed out of their morning camp by a counselor or other staff and escorted to the lunchroom. Campers enrolled in Afternoon Half-day Camps and participating in lunch supervision should report to the appropriate area based on their age and arrival time. Parents signing in a camper during a transition time may be asked to wait until all campers are escorted to their appropriate spaces to ensure the safety and custody of all children in camp.

Campers in the lunch area and gymnasium will be supervised by no fewer than two counselors or adult staff per space. Additionally, one staff member will be available in the lobby throughout the lunch supervision period to supervise building access, vending machines, and water fountains.

After the lunch supervision period, campers will be signed out of lunch supervision by a counselor or other staff and escorted to their afternoon camp. Parents arriving to pick up a child who participated in a Morning Half-day Camp and Lunch Supervision should sign their child out of the appropriate space based on the schedule above. Parents signing out a camper during a transition time may be asked to wait until all campers are escorted to their appropriate spaces to ensure the safety and custody of all children in camp.

PICK-UP

Children must be signed out no later than 12:15 p.m. for morning camps and 5:15 p.m. for afternoon/full-day camps. Anyone picking a child up from camp will be required to show ID and the name on the ID must match one of the names listed on your child's authorized pick-up list. In the event that a pickup person forgets his/her ID, the person must provide us with their name and the password that you selected at registration in order to sign the child out from camp. If you need to update your child's pickup list, please visit the main office at drop-off. At 12:05 p.m., any campers not picked up from morning camps will be escorted to the appropriate lunch area for their age group and can be picked up from that location. At 5:05 p.m., any campers not picked up from afternoon camps will be escorted to extended care and can be picked up from that location. Any children not picked up by the designated pick-up time (15 minutes after camp conclusion) will be escorted assessed a \$5 late pick-up fee; payment is required at time of pickup.

WHAT TO BRING AND/OR WEAR

Please review the items to bring and/or wear for each camp. In addition, all campers should bring a snack and drink for each camp, a water bottle, and sunscreen with their name on it. Campers may not bring large amounts of money, valuables, toys or collectables, or hand-held electronics. Cell phone use is prohibited at camp.