

activities schedule & descriptions



TIME	MONDAY, AUGUST 22	TUESDAY, AUGUST 23	WEDNESDAY, AUGUST 24	THURSDAY, AUGUST 25	FRIDAY, AUGUST 26	SATURDAY, AUGUST 27
7:00-8:30	MORNING SWIM	MORNING SWIM	MORNING SWIM	MORNING SWIM	MORNING SWIM	MORNING SWIM
	YOGA	YOGA	YOGA	YOGA	YOGA	YOGA
8:00-8:30	SILENCE & REFLECTION	SILENCE & REFLECTION	SILENCE & REFLECTION	SILENCE & REFLECTION	SILENCE & REFLECTION	SILENCE & REFLECTION

8:30-9:30

B R E A K F A S T

9:30-10:00

R A I N B O W G R O U P M E E T I N G S

10:15-12:15	OPENING CIRCLE & CAMPER GAMES CAMP PHOTO (12:15)	ART: ACRYLIC POUR PAINTING		ART: FIGURE DRAWING	ART: PAPER QUILLING	ART: FIGURE DRAWING
		BLACKSMITHING	BLACKSMITHING	BLACKSMITHING	BLACKSMITHING	BLACKSMITHING
		BROADWAY DANCE (Part 1 of 3)	BROADWAY DANCE (Part 2 of 3)		BROADWAY DANCE (Part 3 of 3)	
				GUIDED LAKE CANOE		GUIDED LAKE CANOE
			CROSS STITCH		CROSS STITCH	
		CLIMBING WALL	CLIMBING WALL	CLIMBING WALL	CLIMBING WALL	CLIMBING WALL
		COOKING: THE BLUE PLATE SPECIAL	COOKING: THE SUNDAY BRUNCH BENEDICT	COOKING: THE BLUE PLATE SPECIAL	COOKING: THE SUNDAY BRUNCH BENEDICT	COOKING: THE BLUE PLATE SPECIAL
			HIKING: DEVIL'S DEN		HIKING: DEVIL'S DEN	
		LAWN SPORTS: BOCCE BALL	LAWN SPORTS: BADMINTON	LAWN SPORTS: CROQUET	LAWN SPORTS: CORNHOLE	LAWN SPORTS: BADMINTON
		MOUNTAIN BIKING		MOUNTAIN BIKING		MOUNTAIN BIKING
		NATURE AMBLE: MARSH PADDLE		NATURE AMBLE: WOODLAND AMBLE	NATURE AMBLE: CELLAR HOLES	
		PICKLEBALL: BEGINNERS	PICKLEBALL: BEGINNERS	PICKLEBALL: BEGINNERS	PICKLEBALL: BEGINNERS	PICKLEBALL: BEGINNERS
		POTTERY	POTTERY	POTTERY	POTTERY	POTTERY
		STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS

12:30-1:30

L U N C H

1:45-3:15	ADVENTURE COURSE: GROUND SCHOOL/ LOW ROPES	ADVENTURE COURSE	ADVENTURE COURSE	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS	ADVENTURE COURSE	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS
	CRAFTS: 'CHIPS & BAGS	ART: PAPER QUILLING	ART: ACRYLIC POUR PAINTING	ART: PAPER QUILLING	ART: ACRYLIC POUR PAINTING	ART: OPEN STUDIO
	BEAUTY PARLOUR	BEAUTY PARLOUR	BEAUTY PARLOUR	BEAUTY PARLOUR		
	BLACKSMITHING	BLACKSMITHING	BLACKSMITHING	BLACKSMITHING	BLACKSMITHING	BLACKSMITHING
	CROSS STITCH	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE
	COOKING: GRILLING BASICS	COOKING: IT STARTS WITH A CHICKEN...	COOKING: BEER-BUTT CHICKEN		COOKING: GRILLING BASICS	COOKING: IT STARTS WITH A CHICKEN...
	DANCE: WALTZ & FOXTROT	DANCE: RUMBA & CHA-CHA	DANCE: TWO-STEP & LINE DANCE	DANCE: TANGO & WALTZ	DANCE: EAST & WEST COAST SWING	DANCE: REVIEW OF MOST REQUESTED
	FOUR SQUARE	BASKETBALL	FLAG FOOTBALL		CAPTURE THE WIG	
	LAWN SPORTS: CROQUET	LAWN SPORTS: BADMINTON:	LAWN SPORTS: CORNHOLE	LAWN SPORTS: CROQUET	LAWN SPORTS: BOCCE BALL	LAWN SPORTS: CORNHOLE
	MINDFULNESS MEDITATION	MINDFULNESS MEDITATION	MINDFULNESS MEDITATION	MINDFULNESS MEDITATION	MINDFULNESS MEDITATION	MINDFULNESS MEDITATION
				MODEL ROCKETS & SAUCERS (Session 3, Pt. 1)	MODEL ROCKETS & SAUCERS (Session 3, Pt. 2)	
	PICKLEBALL: EXPERIENCED/ ADVANCED	PICKLEBALL: EXPERIENCED/ ADVANCED	PICKLEBALL: EXPERIENCED/ ADVANCED	PICKLEBALL: EXPERIENCED/ ADVANCED	PICKLEBALL: EXPERIENCED/ ADVANCED	PICKLEBALL: EXPERIENCED/ ADVANCED
	POTTERY	POTTERY	POTTERY	POTTERY	POTTERY	POTTERY
	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS
	TIE-DYE	TIE-DYE	TIE-DYE	TIE DYE	TIE-DYE: REVERSE TIE-DYE	TIE-DYE: REVERSE TIE-DYE
WATERFRONT	WATERFRONT	WATERFRONT	WATERFRONT	WATERFRONT	WATERFRONT	
FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	

TIME	MONDAY, AUGUST 22	TUESDAY, AUGUST 23	WEDNESDAY, AUGUST 24	THURSDAY, AUGUST 25	FRIDAY, AUGUST 26	SATURDAY, AUGUST 27
3:30-5:00	ADVENTURE COURSE: GROUND SCHOOL/ LOW ROPES	ADVENTURE COURSE	ADVENTURE COURSE	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS	ADVENTURE COURSE
	ART: FIGURE DRAWING	GUIDED LAKE CANOE				
	BLACKSMITHING (cont'd.)	BLACKSMITHING (cont'd.)	BLACKSMITHING (cont'd.)	BLACKSMITHING (*till 3:45pm)	BLACKSMITHING (cont'd.)	BLACKSMITHING (cont'd.)
	CRAFTS: 'CHIPS & 'BAGS	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE
	COOKING (cont'd.)	COOKING (cont'd.)	COOKING (cont'd.)		COOKING (cont'd.)	COOKING (cont'd.)
	MODEL ROCKETS & SAUCERS (Session 1, Pt. 1)	MODEL ROCKETS & SAUCERS (Session 1, Pt. 2)	MODEL ROCKETS & SAUCERS (Session 2, Pt. 1)	MODEL ROCKETS & SAUCERS (Session 2, Pt. 2)		
	POTTERY	POTTERY	POTTERY	POTTERY	POTTERY	POTTERY
	SONGWRITING	SONGWRITING	SONGWRITING	SONGWRITING	SONGWRITING	SONGWRITING
	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	
	TIE-DYE	TIE-DYE	TIE-DYE		TIE-DYE: REVERSE TIE-DYE	
	WATERFRONT	WATERFRONT	WATERFRONT		WATERFRONT	WATERFRONT
YOGA	YOGA	YOGA		YOGA	YOGA	
FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	
5:00-6:00	VOLLEYBALL	CRAFTS FAIR	AFTERNOON ANTICS: RAINBOW WARRIORS	TEA DANCE (4:30pm – 9:00pm)	MODEL ROCKETS & SAUCERS: LAUNCH CEREMONY!	CLOSING CIRCLE
		VOLLEYBALL	CRAFTS FAIR		VOLLEYBALL	
	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R		FREE TIME/R&R	
6:00-7:00	D I N N E R					
7:00-8:00	F R E E T I M E / R & R					
7:30-10:00	MOVIE: CABARET	MOVIE: THE FAVOURITE	MOVIE: EDWARD II	MOVIE: THE FIRST WIVES CLUB		
8:00-10:00	BARN DANCE	ARRRGH! A PIRATE QUEST	LIP-SYNC THROWDOWN!	PAJAMA PAR-TAY! (9:00pm – 12:00am)	TALENT/ NO TALENT SHOW	CLOSING CEREMONY (7:30pm – 9:30pm)
		NIGHT PADDLE (8:30-10:00pm)				
10:30-12:30	THE BEST TIME WINE & COFFEE BAR	THE BEST TIME WINE & COFFEE BAR	THE BEST TIME WINE & COFFEE BAR		THE BEST TIME WINE & COFFEE BAR	
	CAMPFIRE	FRUIT FLY	CAMPFIRE	CAMPFIRE:	MOVIE: 52 TUESDAYS	
	MOVIE: CABARET	MOVIE: THE FAVOURITE	MOVIE: EDWARD II	MOVIE: THE FIRST WIVES CLUB	SOCIAL GAMING: WEREWOLVES	'CAMP' CAMP DANCE DANCE (9:30pm – 12:30am)
	SOCIAL GAMING: WEREWOLVES	NIGHT PADDLE	NIGHT PADDLE			
	SOCIAL GAMING: WEREWOLVES	SOCIAL GAMING: WEREWOLVES	SOCIAL GAMING: WEREWOLVES			

activities descriptions

activity fair & ice cream social

Get the skinny on the week's activities while enjoying cold, creamy treats with your fellow Campers! Activity Leaders will be present & available to answer all your questions. Short & sweet – and accompanied by buckets & buckets of ice cream with all your favorite toppings.

- Su 8:30-10:00pm in the Main Lodge

- Bring: Activities Schedule & Descriptions

adventure course & climbing wall

with Eman Belaston, Alicia Weber, Hal Halper & Jack Pitcher Challenge yourself mentally and physically on our amazing ropes course or climbing wall! With recent updates/improvements to both the Climbing Wall and the Adventure Course, even returning Campers can find themselves (re)challenged with four levels of

difficulty and 14 different elements to conquer. An adrenaline-pumping experience that will give you an exhilarating sense of accomplishment.

- M 1:45-5:00pm Ground School/Low Ropes [Other times TBD]
- Climbing Wall: Tu-Sa 10:15am-12:15pm
- Basic Adventure Course: Tu/W/F 1:45-3:15pm & Tu/W/Sa 3:30-5:00pm

- Giant's Ladder & Advanced Elements: Th/Sa 1:45-3:15pm & Th/F 3:30-5:00pm
- Attending "Ground School" to get started is required, then take on the adventure element(s) of your choice.
- Successful completion of the basic course is highly recommended prior to taking on any of the more advanced elements.
- The Giant's Ladder requires a partner.
- Space/equipment is limited, so come early.
- Wear: comfortable clothes you can be athletic/flexible in; sneakers (no flip-flops, sandals, or bare feet)
- Bring: gloves, if you have them

afternoon antics: rainbow warriors

with Jon Gann

This one's a wild & wet two-parter! First up is the Color Wars, a colorful free-for-all throwing colored powder at your fellow Campers. Then, everyone can clean up with a good ol' fashioned water balloon fight!

- W 5:00-6:00pm [Color Wars: 5:00 @ the Soccer Field & Water Balloon Fight: 5:30 @ the Tennis Court]
- Participate in one or both parts.
- Those who participate in the water balloon fight should plan to help clean up the mess after the wet fun is done. (Trust us, it's worth it!)
- Wear: grubby clothes and/or your bathing suit as we're gonna get (colorfully) dirty and wet
- Spectators also welcome.

arrrrgh!: a pirate quest

X marks the spot for this swashbuckling evening chock full of fun individual, team, and group games. Use your balance and skills to outwit your fellow buccaneers, solve puzzles to win valuable doubloons, and brave exotic sea monsters to uncover buried treasure. Polly doesn't want a cracker – she wants you walk the gangplank to win the

evening's Grand Prize: half-off registration fees for 'Camp' Camp 2023!

- Tu 8:00-10:00pm in the Main Lodge
- Some of the group games will be played by Rainbow Group, so please sit with your Rainbow Group for this event.
- Participation is optional, but highly recommended.
- Wear: comfortable clothes and shoes

art: acrylic pour painting

with Angela Fischer

You'll be amazed at what you can create with some liquid paint and a straw! Acrylic pour painting is a fluid painting technique that doesn't require any previous knowledge or prowess in painting. Bring your creative spirit and let the colors flow into each other to create beautiful patterns and flowers. This class is the perfect way to create your unique Camp souvenir to show off to all your friends back home!

- Tu 10:15am-12:15pm & W/F 1:45-3:15pm @ the Art Barn
- Sa 1:45pm Open Studio session is for finishing any/all art class projects only; no new instruction or initiating projects available.
- No art experience necessary.
- Non-sequential; attend any session.
- Space & supplies are somewhat limited, so come early. (We only have a limited number of canvases for the week, so, if class proves highly popular, first-time attendees will be given priority.)
- All materials provided.
- Wear: grubby clothes, as the paint used for this project can stain clothing

art: figure drawing

with Angela Fischer

Designed as an outlet of expression through drawing rather than a measure of how well you can draw, this figure drawing class will offer fun for the novice or advanced artist and will include instruction, a series of timed poses, and a little bit of gentle

feedback. Explore the magic of expressing yourself through drawing the human figure.

- M 3:30pm-5:00pm & Th/Sa 10:15am-12:15pm @ the Dance Studio
- Sa 1:45pm Open Studio session is for finishing any/all art class projects only; no new instruction or initiating projects available.
- No art experience necessary.
- Non-sequential; attend any or all session(s).
- Space is somewhat limited, so come early.
- All materials provided.
- See Angela if you're interested in modeling!

art: paper quilling

with Angela Fischer

If you can roll, fold, cut, and glue paper, this is the perfect art class for you! Quilling is the art of rolling thin paper strips into various shapes and attaching them to paper, cardboard, or cards with glue. Come use the skills you learned in kindergarten to create your own stunning 'Camp' Camp paper craft!

- Tu/Th 1:45-3:15pm & F 10:15am-12:15pm @ the Art Barn
- Sa 1:45pm Open Studio session is for finishing any/all art class projects only; no new instruction or initiating projects available.
- No art experience necessary.
- Non-sequential; attend any session.
- Space & supplies are somewhat limited, so come early. (We only have a limited number of canvases for the week, so, if class proves highly popular, first-time attendees will be given priority.)
- All materials provided.
- Wear: grubby clothes, as the glue used for these projects can stain clothing

barn dance

You just can't keep a good ho' down! Luckily, there's no need for that at this perennially popular annual event offering fun & laughter to klutzes & twinkle-toes alike and where you can greet old

friends and make new ones!
Award-winning New Hampshire-based caller Dudley Laufman (and friends!) will be leading this event, just as he has nearly every year since our very first year back 1997, so you won't want to miss this long-time Camp tradition! Yee-haw!

- o M 8:00-10:00pm in the Main Lodge
- o Wear: cowboy shirt, hat, boots, jeans, or come as you are

basketball with Nick D'Andrea
Take some time to hoop it up with Nick on the court this week!

Session begins with a half-hour clinic covering basic skills like dribbling, passing, and shooting. The last hour of the class will be spent playing fun shooting games like H-O-R-S-E and 21, along with some half-court pick-up games. Who knows? Maybe some full court action will happen, too!

- o Tu 1:45-3:15pm @ the Basketball Court
- o All skill levels welcome, though more experienced players may wish to skip the clinic portion at the beginning of each class session and just arrive at 2:15pm.
- o Wear: sneakers

beauty parlour

with Mark "Princess" Cameron & George Rylander
Join Princess (semi-experienced drag queen) & George (professional hairdresser) for some pointers and instruction on everything from frocks to makeup. Why, they'll even help you plan a fabulous outfit for the Tea Dance on Thursday. A perfect way to unleash that inner (Drag) King or Queen you've always known – or suspected – was inside you!

- o M-Th 1:45-3:15pm @ Princess's House of Beauty
- o No sign-up necessary, except on Thursday (Tea Dance day) when appointments are strongly recommended.
- o Bring: your most fun and beautiful couture, or feel free to sign out anything from Camp's "collection"

the best time wine & coffee bar

Close your Camp day with a glass (or two) of wine, a few craft beers, or a warm mug of coffee (which you can sweeten up with a selection of delicious flavored syrups), hot apple cider, and other surprises at our late-night wine bar/coffee house. Relaxing with fellow Campers by the fireplace, congregate with friends under the stars at a picnic table, or break out the backgammon board: it's all up to you. A perfect way to end a perfect Camp day!

- o M/T/W/F 10:30pm-12:30am in the Main Lodge
- o Tickets for wine & beer are \$4 each (chargeable to your Cashless 'Camp' Camp account) and can be purchased in advance at the Camp Store or in the Lodge from 10:30pm-11:30pm.
- o All alcoholic beverages purchased MUST remain in the Main Lodge or at the Picnic Tables. Please do not take them to activity areas or cabins.

blacksmithing

with Faust Nobis
Come try your hand at Blacksmithing at our forge! Faust will show you the basics of forging hot metal, including bending, twisting, tapering, and scrollwork. This is a rare opportunity to create a unique (very butch!) souvenir to show off to all your friends back home!

- o Daily 10:15am-12:15pm & 1:45-5:00pm @ the Blacksmith Forge [Thursday afternoon session ends at 3:45pm due to Tea Dance.]
- o No experience necessary.
- o Tools, safety equipment, and all materials provided.
- o Sign-up required, as space and tools are limited to four students per class; sign-ups will convert to lottery if interest is high.
- o Wear: clothing made of natural fibers; closed-toe shoes (no sandals or flip-flops)
- o Bring: water bottle

broadway dance

with Daniel Soto
Ever dreamt of exhibiting your signature moves in a big Broadway show? Well now you can and here's your chance, 'Camp' Camp style! This year, you'll be part of a re-envisioned version of "Cell Block Tango" from the classic Broadway musical *Chicago*. Join Daniel on Tuesday, Wednesday & Friday for this three-part class where you'll learn a choreographed dance to share to thunderous applause at Friday night's big Talent/No Talent Show.

- o Tu/W/F 10:15am-12:15pm @ the Dance Studio [Plan to attend all three class sessions.]
- o The Act: "Cell Block Tango" from *Chicago*
- o All movement/dance levels welcome.
- o Wear: something you can move in; sneakers or dance shoes (no flip-flops, sandals, or bare feet)
- o Bring: water bottle

'camp' camp dance dance

Go out on a high note at the last official 'Camp' Camp event of the season. Camp DJ GB will be spinning an awesome selection of tunes certain to be the cure for your end-of-Camp blues!

- o Sa 9:30pm-12:30am @ the Main Lodge
- o Wear: Whatever you like; glow accessories provided

campfires

Drop by the ol' campfire and share s'mores, camaraderie, jokes, ghost stories, and more!

- o M/W/Th 10:30pm-Midnight @ the Campfire Circle

capture the wig

with Nick D'Andrea
After a long overdue debut a few years back, Camp's own version of the summer camp classic *Capture the Flag* is back! Can you help your team capture the opposing team's wig and bring it safely back to your team's base without being tagged? Well, come out to the Soccer Field to find out! Don't

worry: if it's been awhile (if ever) since you played, Nick will explain all the rules of this outdoor classic, then you'll count off by twos to form your teams and... let the games begin!

- F 1:45-3:15pm @ the Soccer Field
- All skill levels welcome.
- Wear: sneakers

chainmaille with Amy Putnam
When you think of chainmaille, you probably think of knights on horses and jousting, right? We bet you didn't know that chainmaille makes lovely jewelry, too. Join Amy and discover the basics of this ancient art of connecting metal rings together to create lovely, interesting patterns. She'll introduce you to a few basic weaves that you can use to make your very own bracelet or earrings.

- A Camp souvenir for the ages!*
- Tu-Sa 1:45-3:15pm & 3:30-5:00pm @ the Jewelry Hut
 - No art experience necessary.
 - Non-sequential; attend any or all session(s).
 - All materials provided.

closing circle

with Kerry Riffle & Betsy Orr
The book-end event to Monday morning's Opening Circle. Join your fellow Campers as we gather casually at the Picnic Tables for this closing day tradition where we'll create a space for sharing thoughts on our week at 'Camp' Camp. A perfect pre-dinner precursor to our post-dinner Closing Ceremony.

- 5:00-6:00pm @ the Picnic Tables
- Sharing is not required. Come to share or come simply to listen.
- Details on our traditional **Closing Ceremony (Sa 7:30-9:30pm @ Sappho Beach)** will be shared in your Rainbow Groups on Friday and/or Saturday.

cooking:

beer butt chicken

with Karl Oppenheimer
This summer, Karl's grilling class is taking it up the butt again! (Of a

chicken, that is...) In this fun, popular class – returning for one session only – you'll learn how to grill a whole chicken upright on the grill, sitting atop a beer can with some beer, spices, and herbs. Karl will lead you through the preparation of four different varieties: classic (beer/Cajun spice), a light white wine/tarragon, a red wine/lemon-pepper, and a daring tikka masala. These super-moist, super-tasty birds will be joined by some tasty grilled big vegetables for a perfect summer meal!

- W 1:45-5:00pm @ the Cooking Studio
- No cooking experience is required.
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

cooking:

the blue plate special

with Matt Goddard
Nothing fancy here. Just fun, inexpensive, and easy to prepare breakfast dishes pulled from Matt's own diner menu. You'll learn to prepare three different breakfast burritos that are very popular with Matt's local patrons: the Green Goddess, the Aztec, and the Fromage a Trois. You will also learn how to make the diner's signature comfort breakfast, the Hot Mess, as well as side accompaniments of salsa fresca and pan-fried potatoes.

- Tu/Th/Sa 10:15am-12:15pm @ the Cooking Studio
- No cooking experience is required.
- Non-sequential; attend any or all session(s).
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

cooking:

it starts with a chicken...

with Karl Oppenheimer
...or, What To Do With All the Parts You Didn't Use. The main event in this class a grill-roasted chicken, but Karl will show you how to not waste a thing as you'll learn to use the leftover parts to

make stock for chicken soup, as well as render chicken fat to use in some fluffy, tasty matzo balls. (They aren't just for Passover anymore!) We'll grill some veggies, too – an old Camp favorite. So get ready for some sautéing, rendering, grilling and rolling, y'all. Yum!

- Tu & Sa 1:45-5:00pm @ the Cooking Studio
- No cooking experience is required.
- Non-sequential; attend any or all session(s).
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

cooking: grilling basics

with Karl Oppenheimer
Is that grill of yours just sitting on your patio unused because you forgot to buy that copy of "Grilling for Dummies"? Well, you're in luck, 'cuz our resident grillmaster Karl is here to answer all your burning grill-basics questions, such as: should you touch your meat while it's on the grill?; what's the perfect temperature for your meat?; and, how do I avoid soggy bottoms when I top a burger? Covering everything from burgers and chicken to fish and marinades, you'll be your neighborhood's most popular backyard host after spending these few hours with Karl!

- M & Fr 1:45-5:00pm @ the Cooking Studio
- No cooking experience is required.
- Non-sequential; attend any or all session(s).
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

cooking: the sunday brunch benedict

with Matt Goddard
Eggs Benedict has long been considered the epitome of fanciness and decadence among brunch menus. For some, the prospect of preparing dishes like this at home may seem intimidating, but Matt will show you that making this beloved brunch

classic can be a snap! This class will feature variations on the standard Benedict, such as Eggs Blackstone, Eggs Florentine, and Matt's favorite, The Spring Benedict. You'll also learn to whip up homemade hollandaise sauce, as well as delicious, pan-fried potatoes.

- W/F 10:15am-12:15pm @ the Cooking Studio
- No cooking experience is required.
- Non-sequential; attend any or all session(s).
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

crafts: 'chips & 'bags

with Amy Putnam & Angela Fischer

Didn't have time to complete your Name Chip and/or Buddy Bag during Registration? Have no fear... Amy & Angela will be out in the Art Barn on Monday afternoon with everything you need to express yourself on wood and paper in these timeless 'Camp' Camp traditions.

- M 1:45-3:15pm & 3:30-5:00pm @ the Art Barn

crafts fair

Head to the Traffic Circle for our annual Crafts Fair featuring handmade items of all sorts, all produced by your fellow Campers. (Hey, it'll be Christmas before you know it!)

- T/W 5:00-6:00pm @ the Traffic Circle
- All purchases can be charged to your Cashless Camp account

cross stitch with Amy Putnam
Cross stitch is a timeless craft that has evolved from the samplers and kitschy pieces of old to become subversive, transgressive, progressive, funny, and, sure, sometimes still kitschy! Amy will teach you all the steps needed to make your own stitch-y masterpieces with some colorful starter pattern options. It's easier than you might think! No other activity at Camp encourages you to stab something hundreds of

times just for fun, so why not join in?

- M 1:45-3:15pm & W/F 10:15am-12:15pm @ the Jewelry Hut
- No art experience necessary.
- Non-sequential; attend any or all session(s).
- If you have a project already started and want some company while you stitch, stop in!
- All materials provided.

dance with Nancy Theriault

Do you ever watch Dancing with the Stars and imagine yourself up there on stage? Or maybe you dream of twirling your true love around the kitchen in a beautiful waltz or just being less awkward on the dance floor at your cousin's wedding? Even if you're convinced you have two left feet, veteran Camper/Staff Member Nancy will show you otherwise. An amateur competitive ballroom dancer who has danced Ballroom and Country Western Two-Step in both amateur and Pro-Am competitions, Nancy will cover a number of the most popular social couple dances throughout the week including waltz, fox-trot, tango, cha-cha, rumba, two-step, and swing – all in a fun, non-intimidating environment. You can learn to lead, or follow, or both. Partner dancing is social, flirty, great exercise, and good for your brain!

- Daily 1:45-3:15pm @ the Dance Studio
- See the Activity Schedule for daily themes.
- Non-sequential; attend any session.
- No need to come with a partner. We'll be switching partners during class so you become comfortable dancing with different people.
- Wear: clothes that are easy to move in, non-sticky shoes (no flip-flops or sandals)

the fruit fly

with Michele DiPietro
Building from a spontaneous event back in 2018 (and after some fun & successful virtual versions during 'Camp' Camp Plus), this evening of storytelling returns once more

as an official 'Camp' Camp activity. When we tell our story, we actively shape our own reality and become known to others as we wish to be known. So come share (or share in) a story with your fellow Campers for one of the most surprising events at Camp. The stories you will hear – like any you may share during the event – may be happy or sad, cerebral or absurd, elegant or crass. But they'll all be true and collectively make for a unique & memorable way to connect with your fellow Campers.

- Tu 10:30pm-12:30am @ the Back Deck of the Lodge
- A non-competitive event, the only rules are: a) any story you tell must be a true story that happened to you; b) must be no longer than 5 minutes long; and c) no notes are allowed. (This is not an evening of readings.)
- Active listeners are welcome; you do not need to tell a story to attend.

flag football

with Nick D'Andrea

Yup, it's an official Camp activity once again this year! Join Nick for a "quick & dirty" football clinic, followed by a rousing game of America's favorite sport – without all that butch tackling!

- W 1:45-3:15pm @ the Soccer Field
- All skill levels welcome.
- Wear: sneakers
- Bring: your Rainbow Group bandanna

four square

with Nick D'Andrea

This enduring playground classic is finally officially on the Camp schedule after nearly two decades as a favorite pre-meal casual play/time-killer. (We think it was just an excuse for Campers to be right near the Lodge when the dinner bell rings...) For the uninitiated, Four Square is an easy-to-learn game perfect for all skill levels, played with a rubber playground ball on a square court with four players, each occupying a quarter of the court. Can you

eliminate fellow players by bouncing the ball into their square in order to advance towards the top-ranked square? Or will you be eliminated if you can't return the ball when a fellow player bounces the ball into your square? As eliminated players leave the court, those in line fill empty squares in hopes of advancing to the top square themselves. Fun, sometimes raucous, gameplay perfect even for those who don't consider themselves the athletic type!

- M 1:45-3:15pm @ the Traffic Circle
- All skill levels welcome.
- Wear: sneakers

guided lake canoe

with Paddy Lucas & the Waterfront Staff
Stanley Pond, the body of water our beach is on, is much more than you might see from the beach. So why not join Paddy & other members of the Waterfront Staff for a relaxing paddle around the waters surrounding Camp? A lovely, chill way to spend your Thursday or Saturday morning or late afternoon on Tuesday with some of your fellow Campers. (Don't forget to say "Hi!" to the loons!)

- Tu 3:30-5:00pm & Th/Sa 10:15am-12:15pm
- See separate listing for Night Paddles.
- Canoes & kayaks available for sign-out (based on availability) anytime the Waterfront is open through any on-duty Lifeguard.
- Basic canoe skills recommended for both Guided Lake Canoe trips and Night Paddles.
- Sign-up required, as space/equipment is limited.
- Wear: personal flotation device (provided) is **REQUIRED**; bathing suit; optional - hat/sunscreen, t-shirt or hoodie (if it's cold), beach shoes

hiking: devil's den

with Jon Knoll

Join avid hiker Jon Knoll (yes, that guy behind the video camera) for a lovely off-site hiking trip on

Wednesday & Friday mornings. You'll tackle nearby Devil's Den, a short but pleasant hike with moderate elevation to cover and a beautiful view, perfect for the beginning or inexperienced hiker.

- W & Fr 10:15am-12:15pm
- Transportation to trailhead is provided and departs from the Camp Store.
- Sign-up required due to limited van space.
- Hike is appropriate for all skill levels.
- Wear: hiking boots (with socks/liners)
- Bring: water bottle, small pack, sunscreen, hat, camera

kickball with Nick D'Andrea

Bet you haven't played this one in years, have you? Everyone's playground favorite continues to gain popularity with adults throughout the U.S., including the past decade-plus here at 'Camp' Camp. If it's been a while since you've played, have no fear: Nick will review all the rules – and then the balls will fly! If you can kick, you can play. (In other words, everyone is welcome.)

- Th 10:15am-12:15pm @ Softball Diamond
- All skill levels welcome.
- Wear: sneakers

lawn sports

with Danielle Komer

Why not enjoy a relaxing, non-competitive, and fun time playing the sports of your (or perhaps your grandparents') youth? Danielle will be out on the Lawn Sports Courts every morning and after lunch each day if you (and your friends) are in the mood for a little **croquet**, **badminton**, **cornhole** (hey, Danielle's from the Midwest, okay?), or – new this year! – **boce ball**. Whether you'd like a little instruction or a refresher on all the official rules – or just a smiling face for a fun pick-up game – you don't need experience to whack the birdies & balls or toss your bags, so come on out and play!

- Daily 10:15am-12:15pm & 1:45-3:15pm @ the Lawn Sports

Courts [Bocce Ball happens at the Volleyball Court.]

- See the Activity Schedule for details of which game is scheduled each period.
- The first half hour of each morning session will be a clinic on the scheduled game followed by game play. (If you don't want to participate in the clinic, feel free to show up at 10:45am.)
- Afternoon sessions are strictly game play. While official game rules will be reviewed, there will be little focus on skill development.
- Instruction and organized games are only available during the times noted above; however, courts will be set up with all the equipment you'll need to play all week long, so feel free to play any time.
- All equipment provided.
- Space is limited by equipment, so come early.
- Wear: summer whites are optional; simply come as you are.

lip-sync throwdown!

Join your fellow Campers for the return of this super-popular evening inspired by Jimmy Fallon's celebrity lip-sync battles on The Tonight Show – with a little RuPaul's Drag Race thrown in for good measure. That's right, come show off your wicked lip-sync skills on stage (or just watch as your fellow Campers do so) before a panel of distinguished Camp judges that will be choosing four finalists who will be lip-syncing for their lives after dinner at Tea Dance on Thursday. The winner wins a ton of renown, glamour, and a fun prize package!

- W 8:00-10:00pm in the Main Lodge
- Sign-up required by lunch on Tuesday, as available performance slots will be limited.
- All song selections must be 3-5 minutes (or less) in length. [Please note that depending on the number of interested acts/participants, each lip-sync may be limited to the first 2-3

- minutes of their selection due to time constraints.]
- Check in with Camp DJ Gary Burmeister by Wednesday morning to make sure he has or can acquire the exact song you'd like to lip-sync.
- **No costumes allowed!** It's just you and your lip-sync skills, baby! [A few basic costume props (wig, shoes, boa, etc.) provided by Princess' Beauty Parlour will be available right before you go on-stage should you wish to use one piece.]
- Wear: Come as you are, ready to throw it down or just be entertained!

mindfulness meditation

with Eden Stone

- Join Eden to learn to meditate or deepen an existing practice. Participants will explore mindfulness meditation through discussion, exercises, and various meditative techniques. Meditation is simply training the mind to pay attention in a sustained fashion, without judgment or reactivity. While mindfulness meditation is grounded in Buddhism, it requires no particular religious or spiritual orientation, just effort and commitment. Regular meditators typically report that they are calmer, less reactive and more engaged even in the midst of challenging life circumstances. It's a practice tailor made for the world we live in. The class will focus on both sitting meditation and informal practice in everyday life. Classes will include fun "homework" assignments intended to facilitate mindfulness during Camp activities. Those new to meditation will leave with the tools to begin practicing at home.*
- Daily 1:45-3:15pm @ Kansas
 - Please note the location as this class is **not** held in the Meditation Hut. That space is only used for the 8am Silence & Reflection session and private meditation throughout the day. (See separate listing.)
 - Non-sequential; attend any or session/s.

- Wear: comfortable, non-binding clothing
- Bring: a preferred cushion, mat, bench, etc. if you have one (not required)

model rockets & saucers

with Christina Koeritz

& Jason Nadeau

Come build your very own model rocket or flying saucer projected to go up to 600 feet in the air! Christina will lead you through the process of creating your very own air projectile step-by-step in anticipation of Jason's arrival for the big launch ceremony on Friday!

- M/Tu or W/Th 3:30-5:00pm or Th/F 1:45-3:15pm @ the Model Rocket Cabin
- Projects may take up to 2 sessions to complete, depending on what you build: origami rockets/saucers take 1 period, but other model rockets will require 2 sessions.
- Launch Day (all sessions): F 5:00-6:00pm @ the Soccer Field
- Sign-up required, as space and tools are limited; sign-ups will convert to lottery if interest is high.
- No previous skills required.
- All are welcome to attend Launch Day on Friday to cheer on your fellow Campers & their projectile projects!

morning swim

with Gianna Valente, Daniel Soto,

Liz Burnworth, Matt Suslovic,

Nicky Martin & Paddy Lucas

Join hardy fellow Campers for a ¾-mile round-trip swim across the lake (and back!) as the mist is rising off the water. C'mon – you can do it!

- Daily 7:00-8:30am @ the Waterfront
- Safety boaters also welcome/needed each morning to paddle across the lake and back with the swimmers. See Gianna if you are interested.
- Wear: bathing suit; swim caps (provided) are **REQUIRED**; optional: goggles, nose or ear plugs, wetsuit, etc.

- Subject to cancellation due to weather.

mountain biking

with Jack Pitcher

After a short intro to mountain bikes for beginners and a practice ride around camp, you'll explore some of rural Maine's country roads & the trails in the woods surrounding camp, where you'll encounter rocks, roots, logs, and mountain streams. Challenging but fun!

- Tu/Th/Sa 10:15am-12:15pm @ the Bicycle Shed
- Space/equipment limited, so come early.
- Wear: sneakers; helmets will be provided

movies

Enjoy 'Camp' Camp's own ongoing film festival, complete with fresh popcorn! Head down to Kansas to enjoy open-air screenings of some celluloid favorites both old & new with your fellow Campers. Who knows? You might even discover a new favorite film.

- M-F 7:30pm & 10:30pm @ Kansas [No 7:30pm screening of Friday's selection.]
- **Monday: Cabaret** (U.S., 1972) We're screening this Oscar-winning classic in recognition of the film's 50th anniversary. Winner of 8 Academy Awards and based on the Kander & Ebb Broadway musical, Bob Fosse (winner for Best Director) directs this musical tale of Sally Bowles (Best Actress winner Liza Minnelli), a singer at the decadent Kit Kat Klub in 1930's Berlin, who is romancing two men – including bisexual writer Brian Roberts (Michael York) – while the Nazi Party rises to power around them. Also features an Oscar-winning turn by Joel Grey (Best Supporting Actor in a Feature Role).
- **Tuesday: The Favourite** (U.K./Ireland/U.S., 2018) In the early 18th century, England is at war with the French. Nevertheless, duck racing and pineapple eating are thriving. A frail Queen Anne occupies the

- throne, and her close friend, Lady Sarah, governs the country in her stead, while tending to Anne's ill health and mercurial temper. When a new servant, Abigail, arrives, her charm endears her to Sarah. Sarah takes Abigail under her wing, and Abigail sees a chance to return to her aristocratic roots. (Sapphic behavior and rabbits are also involved.) Olivia Colman received the Best Actress Oscar in 2019 for her portrayal of Queen Anne.
- **Wednesday: *Edward II*** (U.K., 1991) Queer activist & director Derek Jarman's film – a classic example of the New Queer Cinema movement of the early 1990s – tells of the downfall of pleasure-loving Plantagenet king Edward II in this post-modern, anachronistic adaptation of Christopher Marlowe's Elizabethan drama. After Edward summons his ambitious friend & lover, Piers Gaveston, back to England from exile abroad – much to the jealous consternation of his diplomatic wife, the French princess Isabel (actress Tilda Swinton) – he sets the stage for a palace revolt led by the power-hungry nobility. This powerful, beautifully creative film also features a rare film appearance by singer Annie Lennox.
 - **Thursday: *The First Wives Club*** (U.S., 1996) After years of helping their husbands climb the ladder of success, three wives – played by Diane Keaton, Goldie Hawn (in an Oscar-worthy comedic turn), and Bette Midler – have been dumped for newer, curvier models. But the trio becomes determined to turn their pain into gain, devising a cleverly devious plan to hit their exes where it really hurts: in the wallet. Sit back and watch the sparks fly as The Wives get mad, get even, and get it all. Justice has seldom been so sweet. Or so much fun! Also features Sarah Jessica Parker and Marcia Gay Harden (as two of the newer, younger wives)

- along with a cameo by lesbian comic/actress/singer Lea DeLaria.
- **Friday: *52 Tuesdays*** (Australia, 2014) Filmed one day a week for 52 weeks, this coming-of-age drama follows 16-year-old Billie's reluctant path to independence that is accelerated when her mother reveals plans to gender transition and their time together becomes limited to Tuesday afternoons.
 - Bring: Sleeping bag & pillow (optional)

nature ambles

- with Lisa Durrell
Camp's nature enthusiast Lisa D. will be offering her popular nature ambles again this summer. Amble in the woodland for a mix of seeing, ID-ing, and being. Paddle to a marsh for quiet nature observations. Explore clues to the past through cellar holes and stone walls, iconic parts of the now-forested New England farmlands. Experience the nature around you in a whole new way.
- Marsh Paddle: Tu 10:15am-12:15pm @ the Waterfront
 - Woodland Amble: Th 10:15am-12:15pm @ the Picnic Tables
 - Cellar Holes: F 10:15am-12:15pm @ the Picnic Tables
 - See the Nature Bulletin Board on the Dining Hall stairs for sign-up lists, as space is limited.
 - Some kayak experience is helpful for Tuesday's Marsh Paddle.
 - Wear: long pants, shoes & socks (suggested)

night paddle

- with the Waterfront Staff
Experience Stanley Pond as never before during an after-dark guided canoe trip out on the waters surrounding camp. And, new for this year – by request – is one earlier evening paddle for those with early bedtimes. Either time, it's a beautiful, tranquil way to end another fun & fabulous day at 'Camp' Camp!
- Tu 8:30-10:00pm and Tu/W 10:30pm-12:00am @ the Waterfront

- Tuesday early paddle leaves promptly at 8:30! Please be on time.
- Late night paddles leave as close to 10:30pm as possible, depending on when that night's Evening Social Events end. Please be prompt or you may lose your spot as these events are often wait-listed!
- See separate listing for Guided Lake Canoe.
- Canoes & kayaks available for sign-out (based on availability) anytime the Waterfront is open through any on-duty Lifeguard.
- Basic canoe skills recommended for both Guided Lake Canoe trips and Night Paddles.
- Sign-up required, as space/equipment is limited.
- Wear: personal flotation device (provided) is REQUIRED; bathing suit; optional - hat/sunscreen, t-shirt or hoodie (if it's cold), beach shoes

opening circle & camper games

- with Kerry Riffle, Betsy Orr, Michelle Rediker & Jaime Gullotti
Join the Camp Directors for our traditional Opening Circle where you'll officially meet all of your fellow Campers. Then, we'll all break the ice when Michelle Rediker, team leader of the Rainbow Group Leaders, and her bubbly assistant, Brown Rainbow Group Leader Jaime Gullotti, leads the entire Camp through a series of fun "getting to know you" activities – fun for participants and observers alike – with a cast of hundreds of soon-to-be friends!
- M 10:15am-Noon @ the Soccer Field
 - Wear: sunscreen, sun glasses, cap or sun visor (all suggested)
 - The 2022 Group Photo will be taken at approximately 12:15pm, immediately following Camper Games. Please wear your gorgeous 2022 Camp t-shirt for the Group Photo!
- pajama par-tay!**
Main Lodge will be buzzing with a whole selection of "sleepover"-inspired activities, promising fun

for every taste: cards & board games, facials, fingernail painting, tarot card readings, and more. With Underwear Twister and multiple games of Cards Against Humanity making appearances in the past, this PJ party may not be quite as innocent as those from your younger days – which is precisely why you probably shouldn't miss it. Then again, it could be even more innocent. You'll just have to come by to found out!

- Th 9:00pm-Midnight @ the Main Lodge
- Wear: your footie jammies, favorite PJs, or whatever is comfortable
- If you have a game or small group activity to share, bring it along!

pickleball with David Kass

This paddle sport is becoming more & more popular across the country and was such a hit at Camp in 2018 & 2019, we knew it had to come back for 2022!. Combining elements of badminton, tennis, and table tennis and played with either 2 or 4 players per court, the rules are simple and the game is easy for beginners to learn. But – beware! – play can be addictive and quickly develop into fast-paced competitive games for more advanced players who catch on quickly.

- Daily 10:15am-12:15pm [Beginners] & 1:45-3:15pm [Experienced/Advanced Players] @ the Tennis Courts
- Morning sessions will be structured for beginners, but all are welcome.
- All ages & skill levels welcome.
- All equipment provided.
- Wear: sneakers

pottery with Evan Krueger & Collette Bailey

Get muddy as you explore your creative side! Enjoy wheel-throwing or hand-building down at the Pottery Studio with its fantastic view of the lake. What could be better?

- Daily 10:15am-12:15pm, 1:45-3:15pm & 3:30-5:00pm @ the Pottery Studio
- Sign-up required for wheel throwing, as space/equipment is limited. Hand-builders are welcome to walk-in.
- If you wish to complete a project and take it home, plan to come early in the week and return a few times, since there are several steps in the forming, glazing, and firing process.
- No experience necessary.
- All materials provided.
- Please pull back long hair.
- Jewelry should not be worn, as it is typically a hindrance to full clay creativity!
- Wear: grubby clothes (you will get muddy and the clay can stain)

silence & reflection

with Eden Stone

Come sit quietly in Camp's designated sacred space for early morning meditation and reflection. A perfect & peaceful beginning to a busy day of Camp.

- Daily 8:00-8:30am @ the Meditation Hut

social gaming:

werewolves

with Ken Nash

The surprise sensation from the past few summers is back! Do you like group games with lots of laughs, twists and turns? Then join Ken for a few rounds of Werewolves, a fun social game of light role-playing, bluffing and tons of intrigue. The game is played mostly seated with simple rules and no "acting" required. Suspenseful, strategic late-night fun!

- M/T/W/F 10:30pm-12:30am @ the Dance Studio
- Multiple games may be played per session, but gameplay is limited to 16 players per round.
- Sign-up is recommended. Please arrive on time.
- You're welcome to come and observe the first round of gameplay and then fill in for others after the first game.

- Some reading is required, so bring your glasses if you need them.

softball with Nick D'Andrea
Brush up those rusty (or non-existent!) softball skills during the first half-hour of Saturday morning's Softball session when Nick will work with you on throwing, hitting, fielding, and catching. Then, put your skills to use a game that will follow for the rest of the period. Everyone is encouraged to play regardless of skill – and everyone gets to bat every inning! Remember, this is 'Camp' Camp – and it's a compliment to be told you throw like a girl!

- Sa 10:15am-12:15pm @ the Softball Diamond
- If you don't want to participate in the clinic, feel free to show up for the 10:45am game time.
- Wear: sneakers (recommended)
- Bring: softball glove (if you have one)
- Equipment available.

songwriting with Ajay Henry
In this new class, Ajay Henry, Co-Head of Music at Maine Teen Camp, will show you how to give voice to your ideas through the basics of lyric-writing and composing melodies. Even if you know nothing about music, Ajay can help you give voice to your thoughts and feelings and make them, well... sing! Maybe you'll end with an original song for Friday's Talent/No Talent Show – or, time & interest permitting, lay down a track of your song in MTC's Recording Studio!

- Daily 3:30-5:00pm @ the Picnic Tables
- No experience or musical ability necessary.
- Bring: a song in your heart... or just the vague idea of a lyric

stained glass

with James Starbuck & Cam Dunn
Choose a design or draw your own, then learn the techniques used to cut and solder colored glass to make a sun-catching gift for someone to put in a favorite

window. One of 'Camp' Camp's most popular activities!

- Daily 10:15am-12:15pm, 1:45-3:15pm & 3:30-5:00pm @ the Stained Glass Studio [Studio is closed Sa 3:30-5:00pm]
- Sign-ups required as sessions are limited to 12 Campers each; sign-ups will convert to lottery if interest is high.
- Please note that everyone will initially be limited to only creating one piece this summer, at least until everyone who would like to make something has had a chance to do so.
- Closed-toe shoes required!
- Masks will be optional.
- Plan on more than one session if you hope to complete a project.
- All projects should be started by Friday morning in order to guarantee completion.
- All materials provided.

talent/no talent show

"Sing out, Louise!" Get your best performance together (be it musical, dramatic, or any other amazing or silly talent/no talent) and prepare to dazzle your fellow Campers with your spectacular skills in this ever-popular, traditional – yet distinctly 'Camp' Camp – event.

- Showtime: F 8:00-10:00pm @ the Theatre
- Sign-up required prior to dinner on Tuesday, as available performance slots will be limited.
- **All acts must be no more than 5 minutes in length. This will be strictly enforced.**
- Additionally, a lottery may be necessary to choose acts to be featured in the show if interest is high in order to keep the show to under 20 acts so it doesn't run until Saturday afternoon!
- No lip-sync acts will be permitted this year since Lip-Sync Throwdown! is happening on Wednesday night. (Exceptions may be made for select acts – burlesque, drag, etc. – where lip-synching is not the primary focus. See Kim to make your appeal.)

- No repeat acts from previous years from returning Campers will be permitted.
- All participants must sign up for at least one rehearsal (to verify act length and to determine the show's running order) with Kim Sergeant, the show's producer/director, by dinner on Wednesday.
- Any participants using recorded tracks must provide them at their first meeting/rehearsal with Kim and for the sound crew prior to the start the show.
- Additional rehearsal times are available via sign up. Rehearsals will be with David Meiri, Camp's Pianist/Musical Director, for those needing accompaniment and with Kim for those needing direction.
- Kim will also be auditioning emcees, and is interested in volunteers willing to be stage hands, too. Please see her for more details.
- Talent not required (thus the "No Talent" part), but a willingness to entertain and have fun a MUST!

tea dance

Grab the spotlight – and the dance floor – at this fiesta of energy & excess all fueled by tunes spun by GB, everyone's favorite Camp DJ! The experience begins with a parade of buxom & bearded beauties and costumed characters where you can pose for the paparazzi or strut your stuff on the red carpet. Then, let your boogie fever overtake you and, as Lady Gaga recommended once upon a time, just dance! We'll take a break for dinner – then dance some more 'til y'all break a (high) heel!

- Th 4:30-9:00pm @ the Traffic Circle
- Wear: Honey, if there was ever a time to be daring, this is it! [Get help putting your couture together at Princess's House of Beauty (by appointment).]
- Bring: your dancin' shoes!

tie-dye / reverse tie-dye

with Tiffany Pawlyk
Your imagination is your only limit to a colorful & creative Camp

*souvenir in this traditional summer-camp craft. Under Tiffany's expert guidance, you'll learn how to show off your artistic skills by turning a white or light-colored 100% cotton item into a colorful, one-of-a-kind work of art... And – new for this year – Tiffany will also be offering a few sessions of **Reverse Tie-Dye** at the end of the week, where you use similar tying techniques and bleach on darker-colored items to create a whole other kind of groovy garment!*

- Tie-Dye: M-Th 1:45-3:15pm & 3:30-5:00pm @ the Art Barn [No class Thursday at 3:30pm due to Tea Dance]
- Reverse Tie-Dye: F/Sa 1:45-3:15pm & F 3:30-5:00pm
- Bring: 100% cotton white or light-colored t-shirts, pillowcases, underwear, boxer shorts, etc. to dye for Tie-Dye or similar darker-colored 100% cotton items to Reverse Tie-Dye
- Please note that everyone will initially be limited to working on 1-2 t-shirt-sized items until everyone who would like to tie-dye something has had a chance to do so.
- A limited supply of white t-shirts for tie-dyeing will be available for purchase from Tiffany in the Art Barn, chargeable to your Cashless 'Camp' Camp account.
- Wear: grubby clothes (dyes can splash, y'know...!)

volleyball with Nick D'Andrea
Brush up or learn new skills in a morning Volleyball Clinic, then put them to use during one of the popular pick-up games before dinner... "Spike it, Peaches!"

- Clinics: W/F 10:15am-12:15pm @ the Volleyball Court
- Games: M/Tu/W/F 5:00-6:00pm @ the Volleyball Court
- All skill levels welcome.

waterfront

with Gianna Valente, Daniel Soto, Liz Burnworth, Matt Suslovic, Nicky Martin & Paddy Lucas
Instruction and free time for swimming, sailing, kayaking, and canoeing. Or just bring a novel, relax on the sand beach or docks,

and chat with a new friend. If you're lucky, you might even catch an impromptu water ballet or two...

- Daily 1:45-5:00pm (Closes at 3:30pm on Thursday for Tea Dance.)
- Canoes, kayaks, and sailboats also available for sign out (based on availability) anytime the Waterfront is open through any on-duty Lifeguard. Personal flotation device (provided) is **REQUIRED** when using any watercraft.
- See separate listing for Morning Swim.
- See separate listings for Guided Lake Paddles and Night Paddles for details on both daytime and after-dark guided lake tours by canoe/kayak.
- The Waterfront is unavailable for swimming & watercraft use at all other times not listed above.

writing with H.L. Sudler

Have you ever wanted to be a writer? Don't think you can do it? This is your chance! Drop by for a day or two, or spend the whole week with published author H.L. Sudler, and learn how to get thoughts and words onto paper. After a short opening period discussing writers and the craft of writing, H.L. will offer time for writing prompts and other creative inspirations with time to write and share then your work (if you wish) in a positive, reaffirming setting...or even develop a piece you could perform at the Talent/No Talent show! Give it a try...you may be surprised at what you can do.

- Daily 10:15am-12:15pm @ the Back Deck of the Lodge
- Bring: your willingness to try and an open mind; paper and pens/pencils will be provided.

yoga with Rich Becker

A series of postures and movements which stretch and tone the body, developing strength, balance, and flexibility, performed slowly and deliberately while focusing on the breath and quieting the mind. While most appropriate for beginners, the class can also be enjoyed by those

with a more advanced yoga practice. Mind, Body, Spirit.

- Daily 7:00-8:30am & 3:30-5:00pm @ Kansas [No class on Thursday at 3:30pm]
- 7:00am class will be a gentler, wake-up class, while the 3:30pm sessions will be more creative based on attendees.
- Mats and props are provided or bring your own.
- Wear: athletic/work-out clothes that allow for good freedom of movement; yoga is practiced in bare feet