

Sacred Heart Camp List 2021

1. **Air & Space Camp:** Let your imagination take flight as we join Sir Isaac Newton and prepare for aerospace adventures with his laws of motion. Follow the history of flight from early balloon flights through modern rocketry. Design, build, and test fantastic flying creations including kites, gliders, planes, rockets, stomp rockets, drones and more. Experiment with the laws of physics, gravity and motion during this amazing week of hands-on fun.
2. **ARTpourri:** Art comes alive in this potpourri of hands-on exploration of creative art. Each day the students will be encouraged to express themselves through the creation of art using different mediums like painting, sketching with charcoal, sculpting, etc.
3. **Artsy Craftsy:** Let's get crafty! In this DIY craft class campers will engage in a wide variety of age-stimulating arts and crafts activities and projects. This make-it and take-it camp is sure to get your creative juices flowing!
4. **Car Stuff:** Learn the basics of how an internal combustion engine works along with super real world experience changing oil, changing a flat tire, and other routine vehicle maintenance.
5. **Basketball:** Get ready for summer by having a fun week of basketball. This camp will balance teaching skills and fundamentals with games, contests and fun. The basic skills of ball handling, passing, shooting and defense will be taught throughout the week of camp. The camp is designed to help each student improve as a player while providing a fun and encouraging environment.
6. **Cheerleading:** Age-appropriate fundamental cheerleading skills including cheerleading motion technique, dances, jumps, tumbling and stunts will be presented in a safe environment. There will be lots to do including confidence-building activities and, of course, cheering daily.
7. **Circus Camp:** This camp teaches acrobatics, circus skills, clown comedy, music and costume sets. The atmosphere at circus camp is casual and non-competitive. Our aim is for children to learn circus and performance while having tremendous amounts of fun
8. **Choir:** Campers will develop their singing skills, learn how to sing in a choir vs solo, and at the end of the week put on a small concert!
9. **Creative Writing:** Aspiring authors will learn about various styles of writing, different genres, what makes a great story, and practicing writing their own poems, short stories, and more.
10. **Dance Mania:** Dance the week away! Learn the basics or improve on your already developed skills. We will instruct in a variety of dance styles from contemporary to classical to line dances to party dances. Speed it up and slow it down — we'll practice it all! Show your moves off at the end of the week with a performance for families.
11. **Digital Photography:** Learn the ins and outs of digital photography and videography. This is a very hands on camp as campers will be a part of a large project to document via photos and videos the entire summer camp.
12. **Dinosaur Days:** Let the prehistoric come back to life in this exciting week of all things dinosaur! Explore how different dinosaurs lived, hunted, ate, and more. Make your own dinosaur masks and amazing dinosaur crafts, hatch your own dino eggs, play dinosaur

theme games and see what it is like to be an archaeologist as you excavate your own dinosaur fossils! Campers will have a DINO-MITE time!

13. Disney Camp: For those who love Disney... every day is a different theme based on Disney favorites! Make magical memories with a week of fun activities!
14. CPR/First Aid: Campers learn about important life saving techniques including first aid and CPR. Explore the structures and physiology of the amazing human body. Career opportunities are discussed as campers meet a nurse and an EMT. Campers will learn about germ theory of disease, fevers and bacteria, using medical instruments, triage and diagnosis, blood pressure, and more! They will also be trained in CPR and First aid by Southern Maryland CPR and First Aid Training and will receive a 2-year certification card. This is a great camp for babysitters, future lifeguards and anyone interested in a possible career in medicine.
15. Exploring Religious Life – Boys: A week for boys to learn about priesthood and religious life. They will learn about prayer, explore different religious orders, and meet priests and seminarians!
16. Exploring Religious Life – Girls: A week for girls to learn about religious life. They will learn about prayer, explore different religious orders, and meet sisters!
17. Fun Factory: Test the limits of fun making Ninja Turtle Squishy Balls, instant soda slushies, glow-in-the dark slime, matchbox rockets, magic mud from a potato, instant ice, a soda bottle blaster, a gravity puzzle and more. Visit our factory of fun!
18. Gross & Fun Science: Science is fun! We're going to ponder, predict and play our way through slimy hands-on experiments designed to encourage curiosity and wonder. All experiments will be either gross, fun or ideally both! We will guide students through this week of discovery by using our senses to conduct experiments with intent to cultivate a lifelong interest in science and the world around us.
19. Guitar: Campers will learn beginner guitar skills or continue to develop existing skills.
20. Gym Games: A week playing your favorite gym class games! Gaga ball, capture the flag, dodgeball, basketball, relay races, wiffle ball, knockout, tug-of-war and many others!
21. Hair & Nail Salon: Have fun exploring hair and nail care and design this summer! Campers will paint and decorate nails, enjoy manicure and pedicure workshops and learn various hair wrapping and braiding methods. Personal skin care will also be a focus in this camp that will leave you looking marvelous!
22. Jewelry Making: Express your creativity, while learning different jewelry making techniques and designing and creating rings, pendants, earrings, pins, bracelets, necklaces and keychains.
23. Jr. Engineering: Discover how things move with science. Join a team of Jr. Engineers and build bridges, domes, cubes and pyramids. Assemble simple machines such as, levers, pulleys, catapults, balances, crank fans, and/or tops to investigate the laws of physics. Learn what your toes have to do with tennis! Get a taste for space as you launch a "bottle rocket."
24. Lacrosse: Learn the fundamentals of individual, group and team lacrosse skills. The camp will teach players stick skills, position skills and basic offensive and defensive systems

through fun lacrosse drills and games. Equipment will be provided for players who don't have their own equipment.

25. Field Games: Spend a week competing in America's favorite lawn and field games – Ultimate Frisbee, Volleyball, Ladderball, Bag Toss, Washer Toss, Tug of War, Capture the Flag, Kick Ball and more!
26. Lego Motion: You will build with some of the most fascinating Lego® components ever created, learning how to magnify, diminish, and redirect force to move objects at different speeds and directions. You will construct vehicles, machines, and other dynamic creations and come to understand the working principles of these inventions. You will also have opportunities to construct and play with your own inspired creations.
27. May the Force Be with You (MTFBWY): Join the Resistance! Begin your Jedi training and explore new galaxies as you fight for peace and justice. Learn the ways of the Force, build droids, go on Jedi missions, eat Star Wars food and play Jedi games. Jedi training will make their own light sabers, Yoda ears and various Star Wars crafts. Compete in a Chewbacca roar contest and explore the customs, games, crafts and food of the different planets of the Star Wars Universe. From building Ewok catapults to making Hoth ice cream, each day holds a variety of unique activities. Are you ready to help Rey, Finn, Poe Dameron, Chewbacca, Luke Skywalker and Princess Leia fight the forces of evil and defeat Kylo Ren and the First Order? Come and find out!
28. Mini Weapons of Micro Destruction (MWMD): Love combining random objects into catapults, crossbows and other projectiles? Come learn the basics of medieval warfare through the use of normal household and office supplies while understanding the role that militaries, force and warfare play in our society. Campers will also learn the difference between just and unjust aggression. Projects will include weapons like a pen blowgun, a tiny trebuchet, slingshots, catapults, crossbows, a paper dart watch, paper throwing stars and targets, among others. Strict safety measures will be observed in the camp. Safe destruction is our motto!
29. Musical Theater: Do you dream of being on stage? Act in an age-appropriate musical play and learn about musical theater, acting, singing, movement and costumes. On the last day, students will perform for family and friends.
30. Safari Adventure: An exciting week filled with discovery! Campers will role play going on a safari and become experts on safari animals and their habitat to then become an author and illustrator of their own book to bring home at the end of the week. A week filled with lots of safari games, activities and arts and crafts.
31. Scrapbooking: Learn how to start or advance your scrapbooking hobby; everything from choosing the right supplies to effective journaling, designing interesting layouts, and developing an artistic eye and the story-telling aspects of scrapbooking. Bring photos, postcards and other personal items and we'll teach you how to put together an exciting scrapbook.
32. Soccer: Players will strengthen individual soccer skills and sportsmanship through training with direct coaching in small groups. Instruction will focus on getting open, anticipating opportunities, shooting, and creativity in the attacking third of play. Further emphasis will be placed on defensive coverage in a 1v1 situation.

33. Spies & Detectives: Learn secrets of espionage and detective work; from dissolving messages and decoding clues, students will have the opportunity to check out the skills that spies and detectives have in this hands-on journey into the world of espionage and detective work. Learn Morse code for secret messages and other methods of leaving coded messages. Learn how to free yourself from duct tape and zip ties; how to make footprint molds and match tire tread; how to dust for fingerprints and write in invisible ink. We'll combine lab experiments with a bit of detective discovery and espionage training. This is a perfect fit for super spies and scientists alike.
34. Street Hockey: Take a slap shot, play a scrimmage, practice your passing... you can do it all. Campers will improve in defensive & offensive skills and concepts, while practicing sportsmanship, responsibility, accountability and leadership. We'll teach you anything you want to know about the fast-paced game of Street Hockey, no matter what your previous skill level; so shoot away, you can't miss! Equipment will be provided for campers without their own equipment.
35. Super Sports Camp: Do you like sports? Then this is the camp for you! We will introduce you to a variety of sports such as basketball, soccer, kickball, tee-ball, lacrosse, track & field, tag and playing catch with a lightweight ball. Everyone is a star as you learn how your favorite games are played, and then try them out for yourself.
36. Survival Training: Are you the next Bear Grylls or Les Stroud? Spend a week learning elements of the five basic survival skills - fire, shelter, signaling, food/water and first aid. Join us for an exciting week learning many valuable skills, like tying important knots, starting a fire without matches or a lighter, building a sleeping shelter, making snares and developing directional skills among many other skills.
37. Treasure/Scavenger Hunt: Do you love challenges? If so, this is the camp for you! Search for hidden treasure using treasure maps, while competing with other crews searching for the same treasure. Who will find it first? Learn the history of famous pirates and treasures and how maps were coded. Also get competitive with your team in a series of timed scavenger hunts.
38. Urban Art: Explore some unique art techniques like spray painting art, tie-dyed tee-shirts, stencil art (painting with negative spaces), mosaics and more. Bring out your inner artist.
39. War Games: A week of competition between two teams! Make your own pocket slingshot and then manufacture your ammunition (color-infused mini-marshmallows) before engaging in a "paint-ball" war. Compete in capture-the-flag and go head-to-head in nerf gun battles, as well as learn elements of Sun Tzu's "The Art of War" and put them into practice. It's a week of battle strategy and execution. Which team will win the war?