

# Summer at Santa Catalina

## 2017 CLASS CHOICES • ALL CAMPERS

### AQUATICS

---

#### ■ Dive into Summer

Whether campers have no diving experience or are an accomplished diver, it's an opportunity to enjoy improving their skills on the three boards. The experienced diving staff will work with each camper so that she learns and practices new skills at her own pace. Divers support one another in an environment that is both exciting and rewarding.

#### ■ Pool Games — New games!

Our state-of-the-art pool is the venue for a wide variety of aquatic games for campers of all ages. Activities will include inner-tube water polo and underwater hockey, crazy relays, noodle freeze-tag, and individual and group challenges. What could be better than afternoons with camp friends in the pool?

#### ■ Swim Like a Fish!

This fun class is all about being more like a fish and a dolphin in the aquatic environment. The goal for swimmers is to improve mobility and comfort in the water. It is rewarding to learn and practice drills that improve comfort, balance, and efficiency in moving through the water. Games will be used to practice and reinforce new skills. Limited availability.

### EQUESTRIAN

---

#### ■ Riding / Horsemanship

Campers are instructed in all phases of horsemanship, including practical stable management and grooming, vaulting, and jumping at the newly renovated Pebble Beach Equestrian Center. The instructors strive to teach each girl to ride with safety, skill, and control. This program meets for 2 ½ hours each day, either morning or afternoon, Monday through Friday. **All riders participate in a horse show for family and friends on the Friday before their camp session ends.**

### SCIENCE

---

#### ■ Miss Roboto — NEW!

Using LEGO Mindstorms and VEX technology, design and build a robot! In this class, you learn basic electrical skills, applied physics, and programming as you design and build a working robot. Starting with goal-setting and a preliminary design phase, teams work through the challenges of construction, trial and error, reinvention, and teamwork. Honing the skills of innovation, creativity, critical thinking, patience, perseverance, and cooperation, you finish the summer with the mind of an emerging engineer and the camaraderie of your team!

### SPORTS

---

#### ■ Bump, Set, Spike!

That's the way we like it! Campers not only learn the fundamentals of passing, setting and hitting, but get to put their hard work to the test! Whether they are new to volleyball or are a seasoned veteran, this is about growing team work, communication, and leadership skills while getting to play this fun sport!

#### ■ Dribble, Drive, Shoot!

Basketball has never been so fun! Campers engage in basketball drills throughout the 2-, 3- and 5-week sessions to work on their hand-eye coordination, dribbling skills, shooting, and teamwork.

#### ■ Field Day with Coach J! — NEW!

Tap into play and exercise with your new friends on the field this summer. Every day is a good day to play games like water balloon toss, giant tic-tac-toe, tug-o-war, to name a few! Build camaraderie, run around, and enjoy the outdoors, while competing and having fun!

#### ■ Fit, Fab, Fun!

Throughout the course, campers are introduced to new and exciting forms of fitness activities. Girls will get to find the kind of fitness that inspires them to build healthy habits and continue to grow into strong young women. Each session builds motor skills, encourages physical activity, touches on healthy nutrition, and culminates in a group outing to a challenge course where campers are able to get out and get fit!

#### ■ Golf

Golf is that much better with world-renown instruction at a world-renown location—Pebble Beach Golf Academy. What a great opportunity to learn from a golf professional! Lessons are for all levels of golfers. Topics covered are long game, short game, course management, rules, and golf etiquette. With access to a personalized video analysis of the camper's golf swing, they'll go home with more than the swing of a fantastic sport. This same system is used by the PGA.

#### ■ Surfing...Beyond the Board

Jump freely into the surfing culture of respect, integrity, and confidence in the surfing clinic led by The Wahine Project. Learn to navigate the waves and conquer inhibition in the beautiful Pacific Ocean. Boogie board, surf, and learn to call the ocean and your camp mates, "Sister!"

**Please read the following descriptions carefully to determine the appropriate placement of your camper in the tennis program.**

■ **Tennis: Beginner**

This class is perfect for campers new to the sport or for those who have had some tennis classes or tennis camp exposure. Most campers are still learning how to hit the ball, judge the bounce of the ball, or need to be closer to the net than the baseline in order to get the ball over the net. This player hasn't had the opportunity to have lessons or be in tennis classes during the year and may still have a hard time making contact with the ball.

■ **Tennis: Intermediate/Advanced**

This is ideal for campers who can rally and adjust to different heights, speeds, and placements of balls but have trouble being consistent and have weakness in some of the strokes, such as serves, forehands or backhands. These players should be involved in tennis practice or tennis classes somewhat regularly during the year or in the past.

---

**THEATRE ARTS & MUSIC**

■ **Musical Theatre Workshop — New production! (5-Week Program Only)**

Calling all 5-week campers! *Disney's Aladdin, Jr.* finds a home at summer camp. Every weekday morning, 9 a.m. to noon, students rehearse on stage. Director Roger Thompson is joined by a professional choreographer to stage this favorite musical. Together they provide instruction on the techniques of stage presence, acting, singing, and dancing. Join us on Closing Day for *Disney's Aladdin, Jr.* as we walk, sing, and dance into the exciting world of Aladdin and his magical adventures!

■ **Ukulele: Beginner — NEW!**

There is nothing like singing and playing with friends. This summer, learn about the great ukulele and take up the little instrument with the big voice. This introductory class gives you a chance to experience the aloha culture and to learn about chords, melody, and strumming. This is a performance class and you must be present to perform at the Closing Day show. Aloha!

■ **Ukulele: Intermediate — NEW!**

Sing, perform, and explore the islands of Hawaii through music and the ukulele. This class is for the intermediate ukulele player who is already comfortable with the instrument—and may even have their own. Strumming, music notation, rhythm, melody, and chords pour from this small but powerful instrument and help create our very own camp soundtrack. This is a performance class and you must be present to perform at the Closing Day show. Aloha!

---

**VISUAL ARTS**

■ **The Art of Giving — New projects!**

Receiving a present is fun but giving a gift is an art. Presents made by hand are magical and have a secret ingredient called love. Create one-of-a-kind gifts from funky to unique. Copper enameling, custom buttons, jewelry, and fun spa products are some of the projects on the table and in the heart.

■ **String it Together — New projects!**

This class is a wild whirl of color, pattern, texture, and friendship. Learn techniques to make fun friendship bracelets, lively lanyards, and macramé. Campers use simple and intricate designs including knots, patterns, and color weaving. The focus and mission is to give you the skills and time to make lasting reminders of the beautiful days of summer, friendship, and fun