



# Summer 2023 Themes & Fitness Programs

Country Life Kids Camp is a unique faith-based summer day camp in Medina, Ohio and is available to children 7 (Completed First Grade) - 13 years old.

Find more info and register online at [www.countrylifekidscamp.com](http://www.countrylifekidscamp.com)

Where Kids Can Be Kids

## ALL CAMPERS PARTICIPATE IN OUR CORE PROGRAMMING:

Life Skills/Character Development • Team Building • Hands-on Activities (STREAM) • Young Naturalist • Arts & Crafts  
Religious Activities • Garden/Hydroponics • Fun Weekly Themes and Special Events

*In addition to the CORE programming above, parents can CHOOSE one of two physical activity tracks for your child when registering:*

### COOPERATIVE GAMES

The learning goals of the teacher-led cooperative games program are to increase the campers' sense of personal confidence, to develop interactive and cooperative team building skills, to increase their level of physical conditioning, encourage problem solving and decision-making skills and let campers play in a fun and supportive environment without fear of failure.

### INSTRUCTIONAL SPORTS (9-13)

Athletic training and sports instruction by highly motivated coaches from around the region who are dedicated to helping your athlete achieve and succeed, striving to reach personal bests in athletic and agility training.

Leadership • Agility • Sports Ethics • Athlete of the Week

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 1

June  
5-9

#### Barefoot in the Garden

Dig into biodynamic gardening that encompasses the principals of organic gardening while exploring the basic cycles of nature bringing plants, animals, and soil together in harmony. Splash into soilless hydroponic gardening and plant both vertically and horizontally in our lab. Get messy with mud between our fingers and toes discovering who or what uses dirt as their home. Learn about how planting a "life garden" can harvest a lifetime of respect and love.

#### Special Event

The "butterfly effect" is a scientific principal that helps us learn that everything we do matters. We will be restoring our CLKC camp butterfly garden! Enjoy planning, mapping and planting a new and improved butterfly garden that will attract many gorgeous winged species.

#### Instructional Sports - Pickleball (Net Games)

This week's activities will focus on net games to assist in developing individual and team net games. Beginning with the progression of court-awareness and court-positioning to footwork, body-positioning and proper mechanics. Your child will develop and improve their gameplay from pickleball, 4-square at the playground, badminton, and beyond.

#### OR Cooperative Games

Cricket, Wiffle Ball, Kickball (Field Games)  
Learn the basic skills and rules of these games so you can enjoy "sandlot" play at home. No matter the game or inning these fielding games will be exciting and improve motor coordination skills.

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 2 Hook, Line, and Sinker

June  
12-16

Take a dive in our world's blue waters and discover some of the most interesting life in the aquatic biomes, fish! Use nets to catch minnows, tadpoles, snails, dragonfly nymphs, water striders and more. Work with microscopes and keys to observe the interactions among organisms and assess the pond's health. Did you know we stock our camp ponds with over 100 tilapia each year to help minimize algae organically?

### Special Event

**Fishing Derby**  
Get hooked with our annual fishing derby. During this program campers will learn rigging, knot tying, fish handling, fish identification, fish habitat and casting! They will take to the shores and try their hand at fishing for multiple species of both big and small fish in our yearly stocked ponds.

### Instructional Sports - Basketball

This week's emphasis will be on developing the skills and the mind-set to be a contributor on the court. Fun and exciting drills and skill-work will establish solid skill acquisition to propel your child's individual game along with challenging lead-up activities that will make them great team players on offense and defense.

### OR Cooperative Games

**Pickleball (Net Games)** - This week's activities will focus on net games to assist in developing individual and team net games. Beginning with the progression of court-awareness and court-positioning to footwork, body-positioning and proper mechanics. Your child will develop and improve their gameplay from pickleball, 4-square at the playground, badminton, and beyond.

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 3 Spread Your Wings

June  
19-23

It is time to preserve, protect and restore CLKC's wild school site! We will teach the campers about natural habitat conservation and how they can help preserve environmentally important habitats even in their own backyard. Conservation is an act of stewardship and is a rewarding experience. With the campers as our team, we will be targeting preservation of our blue bird, duck, and bat habitats. After learning about each winged species, we will set out to help them flourish once again through many hands-on projects.

### Special Event

**Medina Raptor Center** will be visiting our camp providing a variety of ways for the campers to see many of the unique and beautiful bird species up close and learn about them through an amazing educational program.

### Instructional Sports - Soccer

This week, the total player will be developed with high level coaching and fun, challenging small-sided games to promote foot-skills and tactical development to accelerate each camper to the next level.

### OR Cooperative Games

**Frisbee Games And Speedball (Toss Games)**  
Let our minds, bodies and toys soar as we take flight in some high-energy games. Enjoy a variety of frisbee and speedball games that will help us improve our hand-eye coordination and awareness skills.

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 4 Molecular Madness

June  
26-30

Explore the magical worlds of bubbling beakers, crazy chemistry, and all kinds of radical reactions as you whip up all sorts of molecular madness in this exciting chemistry-themed week! Learn about the many chemical solutions of science and find out how different chemicals react when mixed!

### Special Event

What will be your method to finding the key to help you escape from this room of molecular madness in this interactive escape room challenge!

### Instructional Sports - Dynamic Athlete

Participating in a wide variety of sports and various disciplines of athletics allows children to gain different kinds of skills that they can apply from one sport to the next, including hand-eye coordination, balance, endurance, explosion, communication and athletic agility. This week will allow each camper to experience a wide variety of sports skills such as cross country, dodgeball, basketball, kickball, whiffle ball and more. This dynamic opportunity will provide multiple experiences that will motivate them for future athletic achievement.

### OR Cooperative Games

**Basketball And Four Square**  
Bounce into a week of court madness! We will focus on ball handling, bouncing and catching skills for our campers while playing small-sided games on the court.

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 5 Olympics

July  
10-14

Every camper will become an Olympian and represent a country from around the world. Learn what it takes to jump higher, run faster, and be stronger! Experience the life, history and culture of the countries while enjoying sport festivities, team challenges and an Olympic decathlon. End the week with a closing Olympic ceremony crowning camper and team accomplishments!

### Instructional Sports - Olympic Decathlon

### OR Cooperative Games

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 6 Earth's Heroes

July  
17-21

Learn how to help make a difference in preserving our Earth's resources and protecting our wildlife. Discover wild and incredible ways our eco-friendly wildlife are our planet's most amazing recyclers. Master the art of renewing or reusing old or recycled products to make creative working masterpieces. Be one of Earth's mightiest heroes!

### Special Event

Tackle an abstract project taking recycled products and creating upcycled inspirational pictures and garden planters. Great creative fun and valuable life lessons in store!

### Instructional Sports - Fielding Games

This week's emphasis will be on the technical and tactical components of fielding-games from kickball to baseball/softball. A focus on hand-eye coordination with throwing, catching, fielding, and hitting will be the focus of skill development along with developing the mental components to be a heads-up player in the batter's box, on the bases, and in the field.

### OR Cooperative Games

Creative DIY Games  
Campers will unlock their creativity as they create their own games and rules in small groups using multiple sports or backyard games as their foundation. They will then teach and enjoy playing them with their friends.

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 7 Jedi Trials

July  
24-28

Launch yourself into light years of rocketry. Learn about the space race and our new ambitions that will take us back to the Moon and beyond. Blast into the past and learn about the oldest natural science known as astronomy.

### Special Event

CLKC will become a mission control center for a day connecting space sciences to space engineering while designing fueled model rockets to launch high above CLKC. Now, once in the realms of space, time travel to the age of Yoda and Darth Vader and engage in an epic battle of capture the flag. A new level of fun awaits as lightsaber noodles, nerf guns and dodge balls are incorporated into the rules of engagement. Will the force remain balanced? Try we must!

### Instructional Sports - Basketball

This week's emphasis will be on developing the skills and the mind-set to be a contributor on the court. Fun and exciting drills and skill-work will establish solid skill acquisition to propel your child's individual game along with challenging lead-up activities that will make them great team players on offense and defense.

### OR Cooperative Games

Dodgeball, Poison Ball, And Gaga Ball  
These fast action-packed popular ball games generate a ton of laughter and fun! These games improve general fitness, endurance, vision, and motor development.

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### Week 8 Indiana Jones Crusade

July 31 -  
August  
4

Step into the shoes of a geoscientist as the studies of Earth, energy and environmental sciences combine into a fantastic trio of learning and fun tied into one. Journey through the center of the Earth, explore the planet's dynamic systems, dramatic landforms, and learn about the atmosphere that keeps us alive.

### Special Event

Rock into a series of adventures that replicate the movies. Enter if you dare into the Indiana Jones Obstacle Course Relay that will include bridges, swinging vines, golden shrine climb, and spiderweb infested secret passages. Then let the hunt begin by retrieving an ancient map that will lead you to artifacts and glyphs retrieving clues and evidence to unlock a secret treasure. Will the obstacles stop you in your tracks?

### Instructional Sports - Golf

This week brings the nostalgia, the tradition, the royal feel to sports as we focus on The Open Championship of Golf. The week's sport emphasis will be on introductory golf skills that will culminate in the Club Championship at CLKC. Fun and challenges await as we introduce, develop, and improve on the game of golf and the confidence to challenge each other to compete as first-class athletes with a sense of pride, tradition, and sportsmanship.

### OR Cooperative Games

Obstacle Course And Relay Games  
Learn the skills needed to tackle our dual team challenge obstacle course! Campers gain confidence during this week overcoming mental and physical obstacles. They become warriors ready to tackle any adventure!

## CHOOSE YOUR PHYSICAL ACTIVITY TRACK

**Week 9**  
**August**  
**8-12**

### Festival of Fun! 15 Year Anniversary Celebration

Enjoy a festival of pastimes and popular games that have helped grow Country Life Kids Camp into what it is today. Relive the greatest moments of the last 15 years in a monumental week of good old fashion fun!

### Instructional Sports - All-Sports (Invasion Games)

Participating in a wide variety of sports and various disciplines of athletics allows young children and adolescents to gain different kinds of skills that they can apply from one sport to the next. The final week's emphasis will be on developing important skills and strategies to amp up your child's abilities to contribute and meet the challenges of a variety of competitive games such as basketball, speedball, and ultimate frisbee.

### OR Cooperative Games

Camp Favorites  
Everything from capture the flag, laser tag, to water balloon battles will be in motion! All the camp's favorite games will be experienced in this celebration of summer memories!



## "Where Kids Can Be Kids"

**Our Mission** is to prepare our youth for the future by instilling in them character... values... leadership... and a moral compass by which to lead their lives.

**TUITION  
DISCOUNTS  
AVAILABLE**

See our website for details  
about our early registration  
and sibling discounts!