



Where Kids Can Be Kids

# 2026 Instructional Sports

Welcome to Country Life Kids Camp, where your child can craft their own exciting fitness adventure! When signing up for camp, they can choose between our fun Cooperative Games or our action-packed Instructional Sports. Our Instructional Sports Fitness Track is all about fostering a love for athletics, offering 17 hours each week of engaging training led by our coaches. They're passionate about helping your child achieve their personal best while focusing on character development along the way. Plus, we have awesome additional programs like Agility Training, Team Building, and Sport Ethics! Every week is filled with exciting themes that weave in special events, hands-on activities, hydroponics, gardening, and the joy of good old-fashioned summer fun! This unique camp experience takes place in Medina, Ohio, and is **open to kids aged 8 to 13**.

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

Please check out our guest coaches <https://www.countrylifekidscamp.com/guest-coaches>

Week/Dates	Weekly Theme	Special Event	Instructional Sports
<b>Week 1</b> <b>June</b> <b>1-5</b>	<b>Fort CLKC</b> Step back in time to the 1800s and dive into life in Ohio during the Civil War era! You'll have the chance to see firsthand how agriculture shaped our wonderful state. Discover the fascinating story of settlements and economic growth and how they affected Ohio's wildlife through our fun and interactive Ohio Wildlife History Timeline. Join in on exciting search and rescue missions, set up your very own Civil War encampments, build a telegraph and practice using the Morse Code, and learn survival skills that date back to a simpler time. There's so much to explore and enjoy!	<b>Civil War Living History</b> Join us for a fun trip back in time with Civil War reenactors! Campers will love exploring old-fashioned activities from the era that include tin-type photography and camp cooking over the open fire.	<b>Basketball</b> During the first week of basketball training, we'll dive into the fundamental skills that are the backbone of the game. We'll cover everything from shooting, lay-ups, and finishing moves to footwork, passing, jump stops, pivoting, boxing out, rebounding, dribbling, and ball handling. Plus, we'll practice free throw shooting and focus on both offensive and defensive skills. Mastering these basics is super important for all athletes, as they set the stage for competing and excelling at higher levels, no matter who you're up against. We'll have some fun and dynamic drills to challenge everyone, enhance your skills, and boost your basketball IQ along the way!

<b>Week 2</b> <b>June</b> <b>8-12</b>	<b>The Game of Survival</b> Get ready for some exciting survival challenges! You'll learn what both people and animals need to thrive in all kinds of places around the world. We'll also explore cool renewable energy sources like hydro, solar, and wind that help us stay strong and adapt to tough climates. It's all about finding ways to live well and enjoy life, no matter where we are!	<b>U.S. Army Obstacle Course Challenge</b> You'll get the chance to learn how to stay healthy, active, and safe from our local U.S. Army Instructors. Get ready for some great activities like rope climbing, balancing on beams, scaling a rock wall, crawling through tunnels, and more! Plus, we'll wrap up the day with medal ceremonies to celebrate everyone's effort.	<b>Dynamic Athlete</b> Getting involved in different sports and activities is a fantastic way for kids to build skills that they can use in all sorts of areas. This week, each camper will get the chance to try out a bunch of fun sports, like pickleball, rugby, ultimate frisbee, and more! They'll work on important skills such as hand-eye coordination, balance, endurance, explosiveness, communication, and agility. It's going to be a lively and exciting time that will give them great experiences and inspire them for future successes in sports!
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**Week 3  
June  
15-19**

**Mission Specialist Training**

Get ready to explore the science of flight with different bird species, and challenge yourself by designing your very own paper airplanes and building rockets. You'll also head to the lab to experiment with hydroponics and radio waves. Plus, you'll learn how moon phases have guided us in predicting the weather for ages, helping farmers grow their crops successfully. We're so excited for all the discoveries ahead!

**NASA Speaker & Rocket Launch**

Meet a local NASA educational specialist and learn about NASA's plans for the future of spaceflight. Discover how we can become a part of the journey. Then launch a rocket into the sky at full throttle and watch it soar!

**Golf**

Swing into a fun, educational, and active program designed to introduce athletes to the fundamentals of golf in a supportive and engaging environment. The camp blends skill-building with games and teamwork to foster a love for the sport. Focus on grip, stance, swing, putting, chipping, and course etiquette. Interactive drills and friendly competitions to reinforce learning. Whether your child is new to golf or looking to sharpen their skills, this camp offers a memorable experience that builds athletic ability and character—one swing at a time!

**Week 4  
June  
22-26**

**CLKC School of Wizards**

Welcome to an exciting world filled with magical wands, sparkling amulets, and bubbling potions! Get ready to have the sorting hat chat with you and choose a House where your adventure will begin. You'll dive into fun classes that will get you all set for the thrilling Tri-Wizard Cup Challenge! It's going to be a fantastic journey!

**Tri-Wizard Cup Challenge**

We're excited to announce a fun challenge that includes three awesome tasks for each House to take part in! Get ready for a thrilling Quidditch match, an adventurous Enchanted Forest Hunt filled with riddles, and a creative Potions and Spells Lab. Let the competition begin!

**Warrior Week**

This week offers a valuable opportunity for young athletes to thrive both physically and mentally as individuals, while being supported by coaches and fellow campers. By concentrating on their development and improvement in various physical and mental challenges, each participant will gain a deeper understanding of what it takes to achieve success in areas such as strength, endurance, and perseverance. During the week, the training will encompass an engaging mix of agility drills, obstacle course challenges, as well as strength and endurance activities. The week will culminate in an exciting Warrior Challenge Event, where each camper will have the chance to navigate various obstacles, tackle challenges, and conquer the Titan Rig as part of the competition.

**Week 5  
July  
6-10**

**Inspiring Engineers of Tomorrow**

Join us as we blend engineering, art, and math through exciting daily LEGO building challenges! Together, we'll uncover the amazing connection between animals and humans as clever engineers working with Earth's landscapes. Discover how they have teamed up to create incredible structures that stand the test of time. Plus, you'll learn how to read maps and navigate using cool LEGO-inspired sundials and compasses.

**Oenslager Nature Center Program**

Did you know that humans aren't the only ones who build? Our guests from the nature center will teach us about how the animal kingdom is full of amazing little architects! From impressive dams to cozy nests and even cool body armor, the creativity of these animals is sure to surprise and delight you!

**Pickleball**

Our Pickleball week is a fantastic chance for athletes to build confidence, improve their coordination, and, of course, fall in love with the game! Did you know that pickleball is one of the fastest-growing sports across the nation? It's a fun blend of tennis, badminton, and ping-pong played on a smaller court with paddles and a special perforated ball. Not only is it a blast to learn and play, but it also brings amazing benefits for kids! They'll work on their hand-eye coordination, boost their agility, balance, and endurance, and gain confidence while developing teamwork skills. Plus, it's a super fun and social way to stay active! We can't wait to see you on the court!



**Week 6**  
**July**  
**13-17**

**A Bug's Life**

Explore the fascinating world of creepy, sneaky, and eerie creatures! These tiny insects are super important for helping our ecosystem thrive. Come along on a journey through our beautiful forests, ponds, and wetlands, where all these wonderful beings make their homes. You'll get to learn about the local habitats on camp property of bats, birds, turtles, and tadpoles. See how they rely on the millions of bugs that are part of our camp's circle of life.

**ODNR Archery Program**

Trying out a bow and arrow for the first time can feel a bit nerve-wracking, but don't worry the Ohio Department of Natural Resources will help guide you with their mobile shooting range! With a little patience and some practice, you'll quickly learn how to handle them safely, and that will definitely boost your confidence as you aim for the target.

**Basketball**

The second week of basketball is going to be an exciting time for our athletes! They'll have a fantastic opportunity to challenge themselves and improve their fundamental skills while performing at higher levels. This week is all about honing their court awareness, mental toughness, work ethic, and positive attitude. They'll dive into team offensive and defensive strategies, learning about important concepts like movement without the ball, pick and roll, screens, pressing, fast breaks, switching defenses, post play, and perimeter play. By the end of the week, they're going to be equipped with the essential skills they need to truly shine and work toward becoming champions!

**Week 7**  
**July**  
**20-24**

**Tales of Adventure**

Step into a captivating adventure where fairy tales come to life in a world filled with wonder. Join a cast of fairy tale characters in a series of active and creative quests. This is not just an experience; it's a magical journey where every moment holds the promise of adventure!

**Fairy Godmother's Scavenger Hunt**

CKLC's very own Fairy Godmother paid a visit and left behind a treasure trove of magical delights. Spend the afternoon on a quest to discover her enchanting cache. You will search high and low, in water and on land, to gather the items needed to create your own Tale of Adventure. Utilize your map-reading skills to uncover clues and fully immerse yourself in this scavenger hunt!

**Fielding Games**

Get ready for an exciting week all about fielding games! As Babe Ruth once said, "Baseball is the greatest game in the world and deserves the best you can give it." This week, we're going to focus on sharpening those fielding skills and giving our all to master the techniques and strategies of the game. Along the way, you'll get to develop your skills, whether you're learning how to hit, throw, or field those tricky fly balls and grounders. We'll dive into both offensive and defensive plays, helping you develop mental focus and situational awareness on the field and in the batter's box. Plus, we'll take some time to work on specific positions, like catching and pitching, so everyone can shine! Whether you're just starting out or already playing at a club or travel team, this week promises to be fun and full of dynamic drills to elevate your game. Let's knock it out of the park together!

**Week 8**  
**July**  
**27-31**

**World Wildlife Explorers**

Get ready for an exciting week where wildlife and science come together! Each day, we'll explore a different continent and dive into the fascinating worlds of various biomes, habitats, and animals from around the globe. We'll tackle everything from animal care to zoo management and even marketing—let's work together to make it all thrive!

**Akron Zoomobile**

Where in the World? Join us for an exciting adventure as we explore the diverse habitats that animals from our very own Akron Zoo call home! From the arid landscapes of the desert to the lush vibrancy of the rainforest, we'll take you on a journey around the globe. Our friends from the Akron Zoo will bring along fascinating creatures, sharing stories about their habitats and the unique adaptations that help them thrive.

**Soccer**

During soccer training, players will slide into the exciting world of one- to two-touch soccer. They'll engage in fun drills and small-sided games designed to spark creativity and improve their vision on the field. This approach will help everyone keep great control of the ball while learning to anticipate plays and make quick decisions, even when the pressure is on! Athletes will have a wonderful time honing their skills in dribbling, shooting, passing, juggling, crossing, heading, and tackling with precision. It's all about growing their game together in a friendly and supportive environment!

## Week 9 August 3-7

### Fear Factor

Get ready for an exciting adventure that will challenge your trust and bravery! Together, we'll explore how both animals and humans react to dangers and threats. We'll also learn how to awaken those senses with the soothing sounds of nature and music guiding us along the way. Join us for a fun and enlightening experience!

### Dr. I.B. Strange Lab

Hey there! Dr. I.B. Strange would love for you to visit her sensory lab. Come and explore the amazing world of science through your senses—touch, smell, see, listen, and even taste the fun surprises waiting for you! Dr. Strange has a knack for amazing concoctions, so get ready to lend a hand in CLKC's very own lab.

### Volleyball

This week is a wonderful opportunity for anyone with some volleyball experience to step up and refine their skills before the fall season kicks off! If you're new to the sport, it's a fantastic chance to learn and grow. You'll get to master the basics, work on your technique, and boost your court awareness and strategy. We'll be using fun and dynamic drills to really challenge you and help you improve. Plus, you'll receive top-notch instruction from our experienced coaches, all while enjoying plenty of game play experience. It's going to be a great time—can't wait to see everyone on the court!



Where Kids Can Be Kids

## "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!**

## PARENTS CAN CHOOSE ONE OF TWO PHYSICAL ACTIVITY TRACKS

Thank you for considering Country Life Kids Camp for your child's summer camp experience!

When registering for camp, if your child is eight or older, you can choose which type of physical activities best suits your child. *Both Options will afford every child the opportunity to experience elements of the TRADITIONAL aspects of the "Camp Adventure" including Weekly Themes, and Special Events* that allow the campers to truly indulge themselves in wonderful and creative places.

The **"Instructional Sports"** Fitness Track focuses each morning, for a total of **17 hours per week** of athletics instructed by motivated coaches dedicated to helping children to achieve and succeed, striving to reach personal bests in athletics; mentally, physically, and emotionally.

This fitness track also offers campers the opportunities to increase their skill level and total body conditioning through a weekly Agility Training Program that focuses on sport specific movements and muscle groups to allow the athlete to coordinate skills effectively and efficiently. These programs provide your child with the necessary knowledge to proactively measure their fitness levels for a lifetime. The process will entail evaluating and assessing the athlete's baseline measurements at the beginning of the first week and the final week of their participation. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals. Instructional sports activities focus on developing the whole person through a supportive atmosphere of athletic achievement, and a variety of core character development lessons.

**OR** you can choose **"Cooperative Games"** Fitness Track which is teacher lead, for a total of **4 hrs.** per week for physical activity in a PE environment, the learning goals will be to increase the camper's 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 the fear of failure.

The extra time on the traditional side of the camp is academic driven on weekly themes that tie into art and crafts, outdoor education, STREAM.

At Country Life Kids Camp, the mission guides us to prepare our youth for the future by installing in them character, values, leadership, and a moral compass by which to lead their lives.

We're looking forward to a **"Magical Summer"** that installs confidence in your child and creates wonderful memories.

Thank you,

Tina Bildstein, Camp Director