

2024 CAMP QUILLIAN OLYMPICS SPECIALTY CAMPS

ROOKIE ENRICHMENT & SPORTS



Rookie Camp is a special camp for our 5 and 6 years old. Your rookie camper will have the opportunity to try new fun activities throughout the summer! Campers will also participate in our weekly themed events and Chapel on Wednesday mornings. We will also be offering swimming lessons for your rookie camper if needed. If not, they will be on a rotating schedule of physical or enrichment activities during the 'Specialty Camp' period. This year Rookie Campers can choose an Enrichment track or Sports track. Enrichment activities will range from arts and crafts, music, movement, Chef. Jr and Hands on Activities related to STEM. For the Sports track campers will do a variety of sports that can range from Basketball, Volleyball, Soccer, Baseball, etc.



Basketball: During this time, your camper will be taught the basic techniques of shooting, dribbling, passing, rebounding and defense of basketball. This 'Specialty Camp' will not only provide a fundamental base for each young player but will also be a fun and enjoyable experience for every camper.

Flag Football: During this 'Specialty Camp', your camper will have the opportunity to try all positions of flag football. Campers will rotate through a variety of drill stations to practice the fundamental skills of all positions. Campers will then get a chance to test out their new skill at the end of the week in a flag football game.



Master Chef Jr.: Baking is a science where every ingredient has a function and in this 'Specialty Camp' we are excited to explain why. In this fun filled class, students will learn the basics of baking including proper measuring and mixing techniques, and food science facts that affect their final product.

Photography: Throughout the week, campers will learn the necessary skills to research, compose, and capture the perfect digital picture through a lens! Campers are encouraged to be creative and think outside the box during this 'Specialty Camp', but we also want to teach them that each project is a work of art.



Martial Arts: The class will focus on the self-defense and discipline techniques of Karate.

Drama: This specialty camp is the ones our actors or actresses need to sign up for! Throughout the week they will learn different techniques regarding theatre/drama, preparing small skits and plays, and learning all about the performing arts! At the end of the week, the campers will perform a small skit in front of their peers!



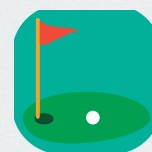
Jewelry Making: This is a fun opportunity to learn a new skill and share it with others. During this specialty camp, they will learn the basics of jewelry-making such as, designing, knotting and bead work; by the time this is over they will have their own handmade jewelry to keep!

Fun Science: Learning science should be messy and a full of "OH'S" and "AH'S"! This specialty camp is exactly that. Campers will spend the week conducting science experiments and creating projects that are hands-on and mind-blowing. We promise we won't turn your camper into a mad scientist by the end of the week!



Soccer: Our soccer coaches will work with your young athlete to improve their soccer techniques with skills and drills such as, dribbling, passing, receiving the ball on the ground and in the air, shooting tips and tricks. I can't wait to hear all the campers scream "GOAL" when someone scores this summer!

Golf: Bring your clubs, we are heading to the local driving range! You will learn how to chip, putt, hit iron shots, and learn how to properly play golf. Campers will be taken to the local driving ranges throughout the week by bus. Get those crazy golf pants out and get ready to practice that swing!

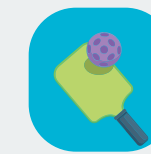


Sewing: This is a great class for kids to learn how to sew simple projects together. Campers will get to create beautiful designs and learn the skill of sewing and stitching.

Volleyball: Bump, Set, SPIKE! Our volleyball specialty camp is taught through drills and exercises that focus on passing, setting, hitting, and serving the ball. Our volleyball coaches will assist each camper with developing those skills. Get ready for your camper to be rotating around the volleyball court like a pro!

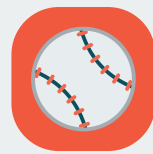


Track & Field: Get ready to sprint your way into summer! From racing in relay games, and high jumps. Campers will discover their inner athlete while making friends, memories, and staying active under the sun!



Pickle ball: Do you like ping pong? Do you like tennis? WELL, this is the perfect pick for you! Pickle ball is a paddle board sport that combines elements of badminton, table tennis, and tennis. Throughout the week, your camper will learn the rules of pickle ball, how to use the equipment properly, how to set up the court and how to play! Get ready to LOVE this sport, because Quillian sure does!

Baseball: "Take me out to the ball game, take me out with the crowd"; your camper will be singing this and wanting to go to baseball games after this specialty camp! During the week, our campers learn the basics of throwing, catching, hitting, pitching and so much more! Can't wait to see you out on the field!



Scrapbooking: Do you want to save those memories you made a few years ago? Bring in those photos and make a scrapbook out of them! During this time, your camper will learn how to make their memories last a lifetime with a scrapbook. We are excited to see what ideas you come up with!

Gardening: Do you have a green thumb or a love for plants? Let's make this Earth a greener place! Throughout the week, your gardener will learn the basics of keeping plants alive, what soil is best for different plants, and will even get to take their own plant at the end of the week! We will also be taking a trip to Woodchase Park to help care for Quillian's raised garden there! Get your gardening gloves ready!



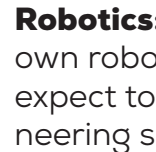
Mixed Media Art: Calling all artists! This specialty camp is a MUST for you! During the week, campers will be learning all the supplies needed to achieve mixed media art. From paper to paints, to water-colors or acrylic paints, you will learn how to use it all. This specialty camp makes you think outside the box and lets you express yourself through your art! Remember, creativity takes courage

Swim Lessons: During summer camp, we will be offering swimming lessons for campers 5-12. This is a great class for beginner swimmers or for campers who have no swimming experience. Campers will learn swim strokes, breathing techniques and water safety. Campers must pack a swimsuit and towel daily!





Kid City: Do you like exploring? Do you want to learn more about our city? Kid city will give you that! Each day different businesses will be opening their doors to our campers and giving them behind-the-scenes tours and access to things only employees can see. Campers will get to see what it takes for businesses to run and operate daily!



Robotics: How would you like to design your very own robot? During this specialty camp, you can expect to power up your imagination and engineering skills! This summer our campers will get to design their own futuristic robots in a dynamic and supportive environment.



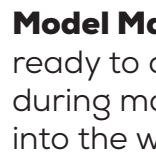
Cheer: Five, Six, Seven, Eight! One, Two, Three, Four! Those are the simple counts that Cheerleaders use to help memorize their routine and help them stay on beat. Throughout the week we will be working on proper stretching and then learn basic tumbling techniques and cheers.



Backyard Games: Campers will get to enjoy outdoor and lawn games that will test their agility, hand eye coordination and endurance. Games like ultimate frisbee, corn hole, horseshoes, fut sol, bean bag toss, hacky sac and many more.



Veterinary Science: Are you interested in animals? Do you want to be a Vet one day? Well, sign up for this class, NOW! Throughout the week, campers will learn how veterinarians take care of certain animals, what they do to prevent sickness, and a trip to a local animal shelter to meet a local veterinarian!



Model Making: Unleash your creativity and get ready to construct your wildest ideas this summer during model making! Campers will get to dive into the world of creativity by creating cars, trucks, planes, and more! Every camper will get to have the opportunity to hone their craftsmanship skills and craft something truly extraordinary!

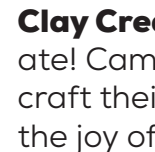


VBC: Vacation Bible Camp (VBC) is hosted by the First United Methodist Church for one week out of the summer. During VBC, campers will catch the Olympic Spirit that God has placed in each of us. Campers will encounter the love of God through music, crafts, scripture and large group time.

Kickball: Kick up the fun and let the games begin! Get ready to lace up your sneakers and prepare for a whirlwind of excitement and slide your way to victory! Whether you're a pro or first-time kicker, this specialty camp is the ultimate playground for fun and friendly competition!



Street Hockey: Gear up for the ultimate street hockey adventure! This specialty camp is beginner friendly! Campers will lace up their sneakers and hit the pavement for an action-packed week of stick handling and scoring goals. Campers will learn the basics of street hockey while making memories!



Clay Creation: Get ready to mold, shape, and create! Campers will unleash their creativity as they craft their own masterpieces from scratch. Discover the joy of shaping your imagination into reality!

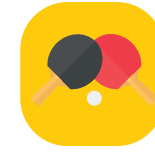
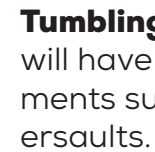


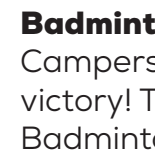
Table Tennis: Campers will learn to master the basics of serves and returns. Join us for a week full of rallies, volleys, and endless fun as we score our way to victory!



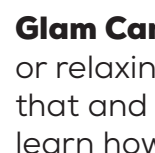
Tumbling: Are you ready to tumble? This class will have your camper practicing acrobatic movements such as rolls, twists, handsprings, and somersaults. This is a great class for the camper who loves to keep active!



Pinewood Derby: Start your engines and spark your imagination! Campers will get to craft, customize, and race their own sleek wooden cars! Racers will not only build their own cars, but also ignite their imagination, creativity, and competitive spirit!



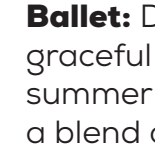
Badminton: Get ready to serve up some fun! Campers will learn to smash and rally their way to victory! This specialty camp is beginner friendly! Badminton is like tennis; campers will learn to master the basics of badminton and play in some friendly matches. Campers will leave feeling energized, confident, and ready to take on any challenge!



Glam Camp: Do you like bath bombs, DIY skin care or relaxing? Glam camp is going to give you all that and more! Throughout the week, campers will learn how to make bath bombs, body scrubs and so much more! This is a time to take a deep breath and relax after a long school year.



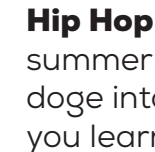
Music: Our music program offers children an immersive musical experience through various activities, games, and challenges. Led by experienced instructors provided by Krea Academy, the program incorporates essential elements of music such as rhythm, melody, lyrics, and improvisation. Participants engage in fun and interactive sessions that foster creativity and musical development.



Ballet: Does your child want to Embark on a graceful journey this summer with our ballet summer camp! Each day, your child will experience a blend of classical ballet training, creative movement exploration, and fun activities designed to inspire and captivate. From learning elegant positions and fluid movements to discovering the stories behind famous ballets, every moment will be filled with beauty and joy. Your child will learn how to combine their technique and positions into beautiful choreography to showcase at the end of their session.



Tennis: Get your rackets ready, we are playing tennis at our local tennis courts this summer! Throughout the week, campers will learn the proper rules, footwork, strokes and serves regarding tennis. Make sure to bring a water bottle and a go-get-em' attitude!



Hip Hop Dance: In a week-long of high-energy summer fun hip hop dance class! Your child will doge into the vibrant world of hip hop culture as you learn funky footwork and dynamic moves. Each day will feature exciting choreography sessions, where your child will master new moves and put them together into energetic routines. Whether your child is a beginner or has some experience, this summer camp is perfect for anyone!



Rugby: one of the most famous sports in history! Rugby is like Football, but the fields are different, the balls are different and there are no pads/helmets. Rugby is meant for players to tackle the ball carrier. However, during this Specialty Camp, we can assure you that there will be NO tackling at Camp Quillian. Instead, the campers will wear flags around their waist. During this 'Specialty Camp', your camper will have the opportunity to try all positions of Rugby such as Loose Head Prop, Tight-Head Prop, Flankers, Wings, Centers, Fullback, and so much more! Campers will rotate through a variety of drill stations to practice the fundamental skills of all positions. Campers will then get a chance to test out their new skill at the end of the week in a Rugby Game!

Please note specialty camps are subject to be cancelled due to low enrollment.