

Summer At Sacred Heart Camp Descriptions

WEEK 1
JUNE 21-25

WEEK 2
JUNE 28-JULY 2

WEEK 3
JULY 5-9

WEEK 4
JULY 12-16

WEEK 5
JULY 19-23

WEEK 6
JULY 26-30

WEEK 7
AUG 2-6

WEEK 8
AUG 9-13

 **Some camps have a surcharge attached due to the high cost of materials.**

Age Groups are denoted by symbols below or in parenthesis next to camp description. Camps that service multiple age groups will be split according to age and/or age-appropriate activities.


SASH reserves the right to cancel camps that do not have adequate enrollment. If SASH cancels camp, you will have the option of a full refund or your choice of another open camp.


 Ages 3 – 5

 Ages 6 – 8




 Ages 9 – 11


 Ages 12 - 13




Adventurous Gentleman  (Wk 4) Does the thrill of adventure beckon? Do you hear the call of the wild? In this camp, we learn about famous explorers, inventors, and other great adventurers throughout history. We also learn the code by which great men have lived, such as chivalry, respect, and honor. Join this camp for a week of adventure and excitement!



Amazing Arts  (Wks 3,7) Explore different styles of art from painting, sculpture, and sketching and make your own creations. This week's projects will need a great spot on the refrigerator for a long time!


American Girl  (Wk 8) A week full of American Girl parties, games and activities.

Artsy Craftsy    (Wks 1,3,5,8) Let's get crafty! In this DIY craft class campers will engage in a wide variety of stimulating age-appropriate arts and crafts activities and projects. This make-it and take-it camp is sure to get your creative juices flowing!

Baking With Yeast Ages 8-13 (Wks 4) Learn Chef Keller's secrets to baking with yeast! Wait until you taste your dinner rolls, pizza, cinnamon Rolls, and braided breads. You won't be disappointed! A surcharge of \$25 accompanies this camp. 

Basketball    (Wks 2,3,5,7) Celebrate summer with a week of basketball! This camp balances teaching skills and fundamentals with games, contests, and lots of fun! The basic skills of ball handling, passing, shooting, and defense will be stressed, while modeling good sportsmanship. The camp is designed to help each child improve skills in a fun and encouraging environment.

Boot Camp   (Wks 1,2) Do you have what it takes? Campers will learn about the different branches of the military including military discipline, drill, physical training, and a whole lot more! Put on your war paint and prepare for an exciting week.

Boys Being Boys  (Wk 8) Spend a week celebrating being a boy! Maybe learn how to land an airplane in an emergency or escape from being tied up? Or fight off an alligator? Recall the

adventures of Scott of the Antarctic, the Battle of the Somme, and the martyrdom of St. Dennis. Learn how to palm a coin, tan a skin, tie basic knots, and, most charmingly, wrap a package in brown paper and string. Even learn some basic etiquette so you can impress like James Bond. Learn fun coin tricks, how to marble paper and put to memory a few Latin phrases every boy should know. Want to learn how to escape quicksand, build a raft, start a survival fire, place a splint, or write in invisible ink? Then this camp is for you! A fun-filled week of exciting adventures! Boys only!

Breakfast Creations Ages 8-13 (Wk 6) Chef Erin Keller teaches her favorite breakfast dishes, casseroles, and more! It's breakfast for dinner all week at this delicious camp. A \$25 surcharge accompanies this camp. 💰

Cake Boss Ages 8-13 (Wk 7) Learn the art of cake decorating! Learn how to make beautiful and fun cakes. Practice the proper techniques of torting and stacking cakes, icing preparation, and working with fondant and buttercream in this class. Decorate cakes and cupcakes in a variety of ways, from a cheeseburger to a beautiful wedding cake! Each day campers will learn and practice new decorating techniques and will take home their own personal mini masterpiece. A \$25 surcharge accompanies this camp. 💰

Camp Camp ▲ (Wk 5) In this exciting camp, campers learn how to camp and basic skills to ensure a successful camping experience. Campers experience classic camping activities, including singing campfire songs, playing camping games, storytelling, and even participating in a nature scavenger hunt! Enjoy making camping foods like s'mores and trail mix, distinguish different animal tracks, and make lanterns and marshmallow shooters. Kids will surely love camping by the end of the week!

Camp's Got Talent ★ ● (Wks 3,6) Do you have a talent you would like to share? Can you sing, dance, or perform any other amazing talent? This camp will feature a talent show at the end of the week that will feature the individual talents of all campers as well as group performances created by the campers themselves. Come on out and show us what you got!

Dance Mania ● (Wk 7) Dance the week away! Learn the basics or improve on your already developed skills in our dance camp. 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.

Delightful Desserts Ages 8-13 (Wk 3) Do you have a sweet tooth? Is dessert your favorite part of a meal? This camp is for you! Spend a week with Chef Erin Keller learning how to make the most delicious and delightful desserts around. A \$25 surcharge accompanies this camp. 💰

Deus Vult (The Great Foam Crusade) ● ★ (Wk 3,4) Choose your favorite weapon from history, build it from foam, duct tape, and PVC, then learn how to use it. It's a sport! It's a craft! It's a history lesson! Imagine all this in one camp! Engage in battle with other campers, plan strategies, and team up with your buddies to emerge the ultimate foam crusader!

Digital Photography ★ (Wk 2) This exciting camp offers an introductory week on photography. Learn the basics of lighting, photo editing, and more. Take home your best photo in a frame! (Camera not included)

Dinosaur Days ▲ (Wks 1,6) Take a trip back to the Cretaceous period and explore the realm of the dinosaurs! Learn about different dinosaurs, create projects, eat dinosaur food, and more. Watch out for the T-Rex!

Disney Camp ▲ (Wk 4) For those who love Disney... each day is a different Disney theme! One day could be all about Frozen, while another might be about Finding Nemo and Finding Dory. Make magical memories with a week of fun activities!

Duct Tape Fabrication ●▲ (Wks 3,6) Have you ever wanted to just get your hands on lots of colorful duct tape, some cardboard, and other odds and ends and just create something? If so, this class is for you! Build free form or follow plans to build things like flip flops, a Captain America Shield, Thor's hammer, a backpack, wallet, and other cool things!

Emergency Med Training ●★ (Wk 5) Learn 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 professionals in the medical field. Campers will learn about germ theory of disease, fevers and bacteria, using medical instruments, triage and diagnosis, blood pressure, and more! Campers will be trained in CPR and First Aid by a certified trainer and will receive a two-year certification card. This is a great camp for babysitters, future lifeguards, and anyone interested in a possible career in medicine. **A \$75 surcharge is added to this camp for CPR training.** 💰

Fear Factor ★ (Wk 2) Have you ever eaten bugs? Walked blindfolded through an obstacle course? Have you ever touched animal insides? Now's your chance to face your fears in this exciting and terrifying camp! Every day will feature new fears to overcome, leading up to the final challenge! Join this camp if you dare!

First Responders 101 ■ (Wk 6) Spend a week walking in the shoes of our brave men and women who keep us safe every day! Engage in great activities that teach about what our police officers, firefighters, and EMTs do to keep us safe. You may even meet a couple of real-life heroes!


Food Art ▲● (Wks 2,4) 5 days, 5 arts –cupcake decorating, pancake art, candy mosaics, edible painting –paints and paper, and a surprise day. Merge your artistic and culinary talents into a something delicious! A \$25.00 accompanies this camp. 💰


Game Week ■▲ (Wks 4,6) A week filled with different party games and water activities (no pool/swimming involved), some of your favorites and some new ones too... games like water balloon tosses, sprinkler runs, parachute games, and red light/green light among many others.


Girl Power ▲ (Wk 4) Whether you're a tomboy, a girly-girl, or a little bit of both, this is your invitation to summer adventure. A week of female heroes in history, science projects, friendship bracelets, double dutch, cats cradle, the perfect cartwheel. Practice secret note-passing skills, juggling, and dealing with bullies. Learn some basic self-defense. Bored and need something to do? Not anymore when you find out how to keep a secret diary, make a scrapbook, or put together a dance routine. Find out about cowgirls, famous girl saints, female Nobel Prize winners, how to throw a football, how to negotiate and much more! There's strength in feminine genius! All girls welcome!



Gross Science ▲■● (Wks 2,7,8) Science is fun! Campers ponder, predict and play their way through slimy hands-on- experiments designed to encourage curiosity and wonder. All



experiments are either gross, fun, or both! This week of discovery by uses senses to conduct experiments with intent to cultivate a lifelong interest in science and the world around us.



Jedi Training  (Wk 1) In a galaxy not so far away . . . the Jedi Knights are calling upon their many brave Padawans to learn the Jedi lessons and fulfill their destiny. Campers will begin the week as Padawans who are preparing to begin their Jedi training. Throughout the week, these Padawans are challenged through daily Star Wars activities. Explore the science of being a Jedi, create your own planets, and even a droid. Discover the force within you through teamwork, confidence building exercises, and decision-making games. May the force be with you!


Jewelry Making  (Wk 5) Express your creativity, while learning different jewelry making techniques and designing and creating your own jewelry and keychains!



Jr. Olympics  (Wk 1) The Olympics are a great time for competition, athletics, and good sportsmanship. This week offers our young campers a chance to learn some of the different games in the Olympics and participate in great Olympics themed activities and crafts. Don't miss out on this opportunity for fun and games!




Laser Tag   (Wks 1,6,8) This highly competitive camp will find out whose team can emerge victorious, who is the camp sharpshooter, and who has the best overall skill. Join in a week of different laser tag games that are challenging and fun. Bring your camo paint and outdoor gear, 'cause we're going to battle!


Lego Mania   (Wks 1,4,7) If you can imagine it, you can build it! We will give campers daily creative challenges to conquer. Campers will build cities, robots, spaceships, and take part in fun and exciting Lego challenges! Don't miss it!

Magic & Illusions   (Wks 1,5,7) Everyone can be a magician! Try your hand at palming cards, master the art of illusion and misdirection, and perfect your stage presence. Campers are provided all the training materials and magic props. On the last day of the camp, campers become star performers in a magic show for parents and relatives.

Medieval Times  (Wk 7) Step back in time and experience what it was like in the era of knights, jesters, kings, queens, and princesses! Practice your skills in juggling, catapulting, medieval games, crafts, and more! Experience a medieval feast at the end of the week!

Minecraft   (Wks 2,5,6) If you like Legos, you'll love Minecraft. In Minecraft you can freely interact with your randomly generated environment and gather resources needed to create tools, homes, boats, bridges and more. You'll primarily shape your block-like surroundings by digging, chopping and mining. As you progress, you'll encounter water, sand, stone, ore, trees, animals, rocks, lava and even monsters. Minecraft has been featured on the cover of PC magazine and is an extremely popular online strategic building game.

Martial Arts    (3,5,6,8) Ever wanted to try martial arts? This camp gives an introduction to taekwondo, MCMAP, and even capoeira! See which style you like the best!

Moovin' and Groovin'  (Wk 2) Bring a water bottle, 'cause this camp is busy! Learn the basics of different styles of dance, including silly dancing! This camp is designed to keep our campers moving and on their feet. By the end of the day, your little camper will definitely be ready for nap time!

Movie Making ★ (Wk 4) Learn how to write, set up, and create a scene for a movie! You get to write the script, create the props, and figure out the camera shots for your scene. Then you will learn basic video editing to finish the process. Calling all movie stars!

Olympic Challenge ▲● (Wk 3,6) In honor of the Summer Olympics this summer, we will hold our own! Campers will compete for the gold in several events throughout the week. Learn about the history of the Olympics, sportsmanship, and competition.

Pirates ■ (Wk 6) Ahoy there! Come sail the seven seas in this pirate themed camp. Search for treasure, build a boat, and create your own pirate flag! These are just some of the activities our little scallywags...er.....campers will learn this week!

Pizza Shop Ages 8-13 (Week 8) Develop the perfect pizza! Working in small teams, campers will create their shop name, logo and business plan, while working daily to create the perfect sauce and trying out different types of crust. Learn how to make dough, roll it out and “throw” a pizza. Take home pizza to share with your family while figuring out what toppings will make your shop’s signature pizza. Enjoy a pizza party on Friday with your family where they will taste test pizza from each shop to determine the best cheese pizza and the best signature pizza. There is a \$25.00 surcharge for this camp. 💰

Princesses and Knights ■ (Wk 2) Spend a week as a princess or a knight! Explore an ancient world through exciting activities, games, music and art projects. Truly a week of fun!

Safari Adventure ■ (Wk 1) 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.

Snack Attack Ages 8-13 (Wk 5) Learn to prepare some of Chef Keller’s best lunches and snacks: sandwiches, pizza, nachos, and salads. Enjoy coconut and seed granola, peanut bars, fruit and cheese skewers, and fruit salad. \$25 surcharge applied to this camp. 💰

Soccer ▲●★ (Wks 1,4,5,7,8) Players will strengthen individual soccer skills and sportsmanship through training with direct coaching in small groups. Instruction will focus on strategy, anticipation, opportunity, and creativity. Enjoy scrimmaging with 1 v 1 and 3 v 3, in addition to large group play.

Spa Week ■ (Wk 8) While the Boys are Being Boys, celebrate being a girl! This camp for girls only includes the best of the spa! Enjoy learning about and experimenting with skin care, nail care polish and design, hairstyles, manicures, pedicures, relaxation, healthy snacks, and more. Make your own bath bombs to take home with you. Girls will also learn important Latin phrases and etiquette secrets!

Spies And Detectives ▲ (Wk 3) 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!

Strategy Games ▲● (Wk 3,6) Chess, Backgammon, Sequence, Ticket to Ride, Settlers of Catan, Risk, 7 Wonders.... What's your favorite game of strategy and skill? Spend a week learning new games and playing old favorites, matching your skills against the skills of others. Strategy games make you smart. We make it fun!

Super Sports ▲■ (Wks 5,8) Learn and play a variety of age-appropriate sports from basketball to track and field. Everyone is a super sports star in this camp!

Superheroes ▲ (Wks 1,4) A whole week of superheroes! Create your own superhero, superpowers and backstory. Train to use your superpowers with super stunts and test yourself in a supercharged obstacle course. Design your own logos and costumes, take on special missions, tackle obstacle courses and go on rescue missions to save other superheroes from villains. Uncover the beginnings of some of the best-known superheroes while also discovering your own. Unleash your inner superhero!

Surf & Sand ■ (Wk 3) It wouldn't be summer without the beach, the ocean, and even some pirates! Sail away with us as we explore legends of the sea, play some pirate games, build sandcastles, make under the sea slime, and so much more.

Survival Training ★ (Wk 7) Are you the next Bear Grylls or Les Stroud? Learn the 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, and even more!

Survivor ★ (Wk 8) Campers divide into tribes and compete in various games, scavenger hunts, and obstacles. At the end of each day, each tribe votes on who loses ten points. Whoever has the most points at the end of the week wins! Check this out for a fun and challenging week.

Treasure Hunt ■ (Wk 4) 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.

Ultimate Challenge Week ●▲ (Wk 2,7) Are you competitive? Do you like a challenge? Then this camp is for you!!! Engage in numerous team and individual challenges that sound like they could have come straight from Survivor, Fear Factor, Minute to Win It, or the Amazing Race. Do you have what it takes to be the ultimate winner?!

Volleyball ●▲ (Wk 7) This camp is designed to teach all the skills of volleyball for all levels and positions. Enjoy a week of learning and playing a popular game that will be with you for a lifetime!

What's For Dinner? Ages 8-13 (Wk 1) Join Chef Keller as she teaches her favorite dinner recipes. Sit back and let the campers do the cooking for you this week! There is a \$35 surcharge for this camp. 💰

World Art 🟡🔺 (Wks 2,6,8) Explore art and different art styles from around the world. Create your own masterpieces as you learn about the amazing variety of beautiful art throughout the world.