

HAC PAC III

Exploration Camps Ages 6-12

Campers will gain a wonderful indoor and outdoor experience, enriched with activities from the arts & sciences. Our counselors will guide action packed weekly themes incorporating arts & crafts, science and nature, drama/theatre, group games and recreational swimming. Field trips are scheduled for this age group, for additional fees. Permission trip forms will be available and printable from our website. www.hachealthclub.com

Animal Planet: Week 1, June 11th-15th

Wild animals aren't confined to the jungle. Join us as we explore the world of wild animals, from mammals and birds to reptiles and fish. Each day encounter facts about animals, both real and make believe. Campers will learn about endangered species as well as animal adaptations needed to survive in the wild.



Go Green: Week 2, June 18th-22nd

Americans use 2,500,000 plastic bottles every hour! Most of them are thrown away! Deep inside the Earth and high up in the atmosphere are resources that we take advantage of daily. This week we will help kids learn how greener lifestyle choices, such as a zero-waste lunch packed in reusable containers, can help the environment. Environmental information, including where to find recycling centers, green shopping tips, and ideas on how to reduce water and air pollution, are topics campers can share with their families in order to achieve a greener lifestyle. For even more information and additional recycling facts, please visit The National Recycling Coalition.



Art and Illustration: Week 3, June 25th-June 29th

Unleash your inner "Picasso." Oil pastels, water color painting, charcoal sketches, and basic drawings are just a few of the themes set for this week. We will have a special visitor twice this week to demonstrate and teach the basics of illustrating techniques. It doesn't matter if you're a beginner at painting or an expert at sketching; staff will encourage each child's individual expression.

America the Beautiful: Week 4, July 2nd-6th Camp Closed Wednesday, 7/4/12

Celebrating America's birthday will be the focus of this week's activities. Campers find out about the background and creation of the nation's "unofficial" anthem, "America the Beautiful." Additionally, we will discuss well known sites and sceneries throughout the United States. By discussing geography, history, and culture, we will learn the foundation and backbone of what makes this country a land of opportunity.

HAC's Got talent: Week 5, July 9th-13th

"You" are what this show is all about. Take the time this week to discover your hidden talents. Is singing, dancing or playing instruments your forte? Maybe even puppetry or drama is your gift. Let your newly found abilities shine during the second annual HAC's Got Talent Show on Thursday, July 12th.



Clay Creations: Week 6, July 16th-20th

Campers will work with leaves, flowers, twigs and seashells to make impressions into their clay creations. Children will have fun making several of their own sculptural creations using various types of clay and textures.

Camp Getaway: Week 7, July 23rd-27th

This week we will share the experience of kid picked destinations. Campers will create their own "magical vacation" to anywhere in or out of this world. For an additional \$35.00 a special overnight can be experienced at HAC from Friday into Saturday of this week.

Healthy Food Fun: Week 8, July 30th-August 3rd

Fact or Fiction: *Gatorade is a healthy drink.* Find out in this week's camp activities the many myths of healthy eating. Learn what foods are healthy choices and which are not. Knowing which foods fit into the Food Pyramid will allow us to make better choices at snack and meal times. Campers will try different foods and recipes. Check out the "HAC SHACK" in the camp programs office.

HAC Olympics: Week 9, August 6th-10th

The HAC Olympics will be a thrilling week of field day activities. Your child will be able to test their skills through multiple sport featured games and activities. Along with our field day activities, the HAC Olympics will come to an end with the 5th Annual "Dollar Dunk" Day. Additionally, Thursday of this week will be our Camp Family Social to benefit Special Olympics, including many activities, games and fun! See you at the party on August 9th!

Scrapbooking: Week 10, August 13th-17th

An ideal activity for campers of all ages, scrapbooking is a fun project used to share and tell stories about friends and family. Campers will need to bring photos of family, friends, pets, hobbies, sports, etc.

Movin'-n-Grovin: Week 11, August 20th-24th

Hot dances and songs for all ages are just the ticket for fun and fitness. Get on your feet as we learn a variety of choreographed movements to popular songs. Campers will rehearse and master dances of different forms.



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Sports Camps Ages 6-12

Boys and girls experience one specific sport or multi-sports to learn and understand related skills. Children will be taught the fundamentals of the sport and the rules and regulations for each sport. They will progress to team play. This camp includes recreational swimming. Field trips are scheduled for this age group, for additional fees. Permission trip forms will be available and printable from our website.

Basketball

Week 1, June 11th-15th

Week 6, July 16th-20th

Basketball is a fast, exciting game played by two teams of five players, who may pass, throw, roll or dribble the ball. The object of the game is to score points by shooting the ball into the opposing team's basket. Some games and activities we will utilize to increase your child skills include: horse, knock-out, king of the court, and scrimmage games. Concepts that we will focus on this week include:

- The fundamental skills of dribbling, passing, shooting, and defense
- Understanding how to work as part of a team
- Striving to improve your child's abilities
- Respecting others

Flag Football

Week 7, July 23rd-27th

Flag Football is an excellent way to be introduced to the game of football. It is both safe and enjoyable. Flag football is very similar to touch football, except that plays end when the ball carrier's flag has been pulled from his or her belt. Cooperation and teamwork are two important components to be successful at this game. Concepts that we will focus on this week:

- The fundamental skills of catching, throwing and de-flagging
- Offensive Positions and Defensive Positions
- Promoting cooperation and friendship
- Respecting others

Multi-Sport

Week 2, June 18th-22nd

Week 3, June 25th-29th

Week 5, July 9th-13th

Week 8, July 30th-August 3rd

Week 10, August 13th -17th



Multi-Sport weeks will feature an exciting number of different sports for the week. Your child(ren) will have the opportunity to try out and get exposed to a number of different games and activities. Multi-Sport weeks consist of:

Team Handball	Ultimate Frisbee	
Whiffle Ball		
Flag Football	Volleyball	Dodgeball
Kickball	Fitness Fun	Fun on Wheels
Track & Field	Hockey	Quickball

Soccer

Week 4, July 2nd-6th (Closed July 4)

Week 11, August 20th-24th

Soccer is a timed ball game played by two teams, each of 11 players. The object of the game is to put the ball into the opponents' goal by using your feet and kicking the ball, and the winning team is the one that scores the greater number of goals. Some games and activities to help your child increase their skills include steal the bacon, shoot-outs, king of the court, world cup, and "Get Outta Here." Concepts that we will focus on this week:

- The fundamental skills of dribbling, passing and shooting
- Encouraging a spirit of social interactions
- Motivating your child to do their best

HAC Olympics Week 9, August 6th-10th

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