

## PROGRAM ACTIVITIES

This section of the Parent Resource Book has been developed to describe various aspects of the Fernwood Cove Program including daily activities, trips and overnights.

### DAILY ACTIVITIES

FOCUS ACTIVITIES Focus activities are instructional activities that occur daily for five days. Each five-day period is called a “focus week”- there are three Focus Weeks during the Camp session. There are six focus activities per day, each lasting 55 minutes.

INTENSIVES An “intensive” is an activity that 8<sup>th</sup> & 9<sup>th</sup> grade Campers take for multiple Focus Weeks. During the first week of Camp your daughter may “try out” activities that she feels she would like to take as an intensive. After the first focus week she can decide which activities she would like to keep as her intensives for the remainder of the Camp session. Intensives are optional.

### Please note the following for the 2017 Season:

- Gymnastics is transitioning from a Performance activity to the Sports & Fitness category. We will continue to have the end-of-session Gym Show, however daily activities will re-focus on skill development at all skill and experience levels.
- We are continuing the expansion of the Ropes Course and Climbing programs. New Low Ropes elements are being constructed and will provide additional options to help facilitate the development of life skills like leadership, cooperation, and communication. These elements will also be included in our “Little Leaders” program for Campers in 2<sup>nd</sup> - 4<sup>th</sup> grades.
- The new climbing tower will have an additional side completed. This new climbing surface will include climbing features that will provide Campers with the opportunity for greater challenge and further technical skill development.
- FC Farm Girls will now integrate new opportunities for Campers to learn about sustainability and conservation, while also gaining a better understanding of eco-conscious concepts like farm-to-table, buying local, and greenspaces in urban environments. Campers will continue to enjoy caring for the animals at Camp, creating their own butter and cheese, and enjoying the veggies in the garden.
- We will continue to develop our First-Tee Golf Program. Our First-Tee trained instructors will provide regular instruction during focus activities and out-of-Camp golfing options will be included in Trip Day activities.

Campers are required to select ten activity choices and two alternate choices, but will also be required to choose a certain number of activities from each category listed below;

- 2nd, 3rd & 4th grade Campers will be required to choose at least one activity from 5 of the 7 activity categories.
- 5th and 6th grade Campers will be required to choose at least one activity from 4 of the 7 activity categories.
- 7th and 8th grade Campers will be required to choose at least one activity from 3 of the 7 activity categories.

The first week of activities are to be chosen via your parent portal before arriving to Camp.

## ADVENTURE

- Mountain Biking** Fernwood Cove girls can build their understanding of bike mechanics and their biking skills while participating in mountain biking. Girls progress from basic biking to maneuvering over obstacles such as rocks and logs while utilizing the miles of trails on the Fernwood Cove property. Fernwood Cove supplies all equipment, including helmets. Mountain Biking instructors are experienced and skilled in mountain biking techniques and are well oriented to the trail system on the Camp property.
- Climbing** Campers challenge themselves both physically and mentally while learning basic rock climbing techniques in a safe, controlled environment. All Campers and instructors wear appropriate safety gear and equipment while participating in climbing activities. The climbing facilities (structures and equipment) at Fernwood Cove are safety certified yearly. Additionally, climbing instructors inspect all equipment on a regular basis to ensure safety throughout the summer. Campers are not required to bring any equipment with them to Camp for climbing activities. However, Campers are required to wear close-toed athletic shoes during climbing activities. All climbing instructors have training, certification, and experience in rock climbing.
- Ropes Course** The ropes course is separate from the climbing program and combines both the low ropes and high ropes course elements. This program builds teamwork skills with instructors facilitating various activities that challenge Campers both mentally and physically. Some of the skills gained include trust, cooperation, communication, listening, leadership and goal setting.
- Little Leaders* is offered for Campers in 2<sup>nd</sup> - 4<sup>th</sup> grades and includes age appropriate ground and ropes course activities.
- Ropes Course* is a double-focus activity offered for 5<sup>th</sup> - 9<sup>th</sup> grade Campers.
- Emerging Leaders* is a single-focus leadership exploration activity offered for Campers in 7<sup>th</sup> - 9<sup>th</sup> grades.
- The ropes course is safety certified annually and Fernwood Cove ropes course instructors inspect all elements and equipment on a regular basis. Campers are required to wear close-toed athletic shoes while participating in ropes course activities. Ropes course instructors have documented training and/or experience in low and high ropes course facilitation and instruction.
- Outdoor Cooking** Campers can learn to cook a variety of recipes while experiencing the outdoor environment. Campers also can learn to build fires, use solar ovens and other outdoor cooking equipment. Outdoor Cooking instructors have a strong background in Outdoor Living Skills, including fire building and food preparation.
- Outdoor Living Skills** Campers who choose OLS will learn about Camping/hiking safety, preparation for overnight trips regarding food and equipment. Campers will also learn practical skills like orienteering, fire building, outdoor cooking and the need for environmental awareness. Campers in 2<sup>nd</sup> & 3<sup>rd</sup>

grades are required to take one week of OLS activities while at Camp. OLS instructors are experienced in backpacking, hiking, and outdoor skills. These instructors are also certified in First Aid and CPR.

## **ATHLETICS & FITNESS**

*Activities with a star (\*) meet the weekly Athletics & Fitness requirement.*

- Archery** Fernwood Cove offers a Junior Olympic Archery Development (JOAD) program. This training enables Campers to build their archery skills while progressing in a nationally recognized program. Fernwood Cove supplies all necessary equipment for Campers to participate in archery. If your daughter already has a bow and would like to bring it to Camp, please contact us to make proper storage arrangements for her equipment. The archery Staff have training - certification and experience in archery instruction.
- Fitness\*** Aerobics & Zumba are perfect for all Fernwood Cove Campers, whether they want to learn more about exercise and nutrition or simply stay in shape while at Camp. All needed aerobics equipment is supplied by Camp. Campers do need to wear sneakers for this activity.
- Land Sports\*** Activity instruction is offered in soccer, basketball, softball, volleyball, field hockey, and lacrosse. Fernwood Cove also participates in games and tournaments with nearby Camps. Campers need to supply their own cleats for soccer, lacrosse, field hockey, and softball (mouth guards are supplied by Camp). Campers may also bring their lacrosse and/or field hockey sticks, shin guards, softball gloves and goalie equipment if these items are already owned. Fernwood Cove has equipment for Campers to use. Our land sports instructors have experience in participating in various team sports and coaching.
- Tennis\*** Campers from beginners to advanced competitors can improve their skills on our five tennis courts. Tennis classes are organized by skill level. Campers participating in tennis should have sturdy athletic shoes (with non-marking soles). Campers are strongly encouraged to bring a tennis racquet from home. Fernwood Cove tennis instructors are highly qualified to teach tennis, many with advanced level competition experience.
- Gymnastics\*** The state-of-the art gymnastics building offers a wide variety of apparatus. Campers can focus on specific skills or try various skills in different areas in either the Recreational Program or Competitive Program. Some Campers wear leotards for gymnastics class, but they are not required. Many Campers wear one-piece swimsuits and their shorts while participating in this activity. Gymnastics instructors have strong backgrounds in gymnastics, including coaching and/or instructing youth.

## **CREATIVE ARTS**

- Arts and Crafts** This inclusive program is perfect for the budding artist in every Fernwood Cove Camper. Some of the arts and crafts explored are, silkscreen, drawing, painting, candle making, and stained glass mosaics. Campers complete at least one artistic or crafty masterpiece during each focus week.

- Fabric Arts** Campers learn to use a sewing machine and can complete varying projects based on their age and skill level. There are many sewing projects available for Campers such as PJ pants, trendy bags and decorative pillowcases. Sewing instructors monitor the use of all equipment in the sewing studio.
- Culinary Arts** Culinary Arts continues to be a major hit with Campers of all ages. The Culinary Arts studio provides a professional cooking experience in a relaxed and “homey” atmosphere. Campers gain cooking and food preparation skills while preparing a variety of appetizers, snacks, entrees and desserts. Campers who participate in Cooking will also be given recipes for each of the dishes that they make during the Focus Week.

## **NATURAL HORSEMANSHIP & AGRICULTURE**

- Horsemanship** The Fernwood Cove Natural Horsemanship Program allows Campers to experience Natural Horsemanship in a week-long or more intensive 3 week program. Please note that the Natural Horsemanship Program takes priority over all other activities when scheduling activities. Campers interested in participating in the Natural Horsemanship Program should register prior to the summer. Spaces are limited and are filled on a first come, first served basis. There is an additional fee for the Natural Horsemanship Program and program participants are required to have appropriate riding boots and helmet as well as appropriate riding apparel. All Fernwood Cove Natural Horsemanship Program Staff have training and/or experience in Natural Horsemanship and riding. The Head of the Natural Horsemanship Program has advanced level experience and knowledge in horsemanship and horse care.
- FC Farm Girls** The Fernwood Cove Farm Girls program provides Campers the opportunity to experience a variety of aspects of farm life. Campers assist in completing the daily chores associated with the Fernwood Cove livestock and garden. Campers also learn about the products that can be made from livestock- whether it’s collecting eggs to be used in cooking, making butter or ice cream from fresh milk, or felting with sheep’s wool. Farm Girls offers Campers with an opportunity to see a different aspect of the world while introducing them to the importance of agriculture.

## **PERFORMING ARTS**

- Dance** Fernwood Cove girls may participate in ballet, tap and hip-hop/jazz classes. All classes develop Campers’ skills while preparing a dance routine for Performance Night each week. Campers wishing to take dance classes should bring their own shoes, especially for ballet and tap classes. Sneakers are fine for jazz and hip-hop classes. Campers are not required to wear “dance attire” while in dance classes, but may feel free to wear their leotard and tights if they wish. Campers can also audition for our large Dance Production. Dance instructors are well qualified in technical dance instruction and performance.
- Theater/Drama** Campers can participate in one of the many dramatic performances produced during the Camp session. Campers taking theater as a one-week focus activity will perform short plays, monologues, and

improvisation. Campers may also audition for our large theater productions. Auditions occur during the first few days of Camp for our three-week production. All performance-based classes will give a performance each week.

- Guitar** Guitar is available to all Campers- beginner to advanced- allowing Campers to learn guitar skills while preparing a performance piece for weekly Performance Night. Guitar activities are purposely structured by age and in small groups to ensure adequate, individual attention allowing all Campers to be successful. Guitar counselors have a strong background in guitar technique and music, either as performers or as a student.
- Music** A recent addition to the Performing Arts options, Campers can now enjoy additional music opportunities that explore different music styles, as well as additional music instruments and concepts. Activities range from percussion based “bucket beating” to “Rock Band” and allow Campers to gain new musical skills while preparing a short performance piece for Performance Night. Music activities are instructed by a variety of counselors from our Guitar and Vocal Theater activities, ensuring appropriate instruction for Campers of all experience levels.
- Vocal Theater** Singing is an integral aspect of every Fernwood Cove day; our Vocal Theater program helps Campers of all abilities take their singing to the next level. Fernwood Cove’s vocal program is open to Campers of all ages and helps Campers learn the basics of vocal performance, including reading music, while preparing a performance piece for Performance Night. More advanced Campers can choose to audition for singing groups, such as A ’Capella, to prepare more detailed performance pieces.

## **STUDIO ARTS**

- Ceramics** Campers learn how to construct pottery pieces, from beginning to end. Skills developed include hand-building and throwing clay on a potting wheel. Campers glaze their pieces once the Staff has fired them in the kilns. (Campers do not have access to the kilns.)
- Jewelry** The jewelry department offers Campers of all ages the opportunity to design and create a variety of types and styles of jewelry. All silver smithing/jewelry activities are age appropriate with basic jewelry activities are offered for Campers in 2<sup>nd</sup> - 5<sup>th</sup> grades and more advanced metal smithing activities offered for 6<sup>th</sup> - 9<sup>th</sup> grade Campers. Jewelry instructors have training and experience using all equipment and tools used in the jewelry studio, with many taking university level metal smithing courses.
- Digital Photography** Fernwood Cove’s new Digital Photography program provides Campers of all ages with the opportunity to explore a variety of photography techniques while using Digital SLR cameras, with a focus on using and understanding manual settings to create a variety of photographs. Campers will be able to utilize the photographs they take when they create a scrapbook of their Camp experience. All equipment required for Digital Photography activities is provided.
- Woodworking** One of Fernwood Cove’s newest activities, Woodworking provides Campers the opportunity to learn some of the most traditional skills. Campers of all ages can learn the basics of woodworking while using hand tools and power

tools to create everything from boomerangs to clipboards to jewelry boxes. Campers learn about the importance of wood selection, measuring and safety while creating their pieces from scratch. Each Camper designs and builds her own individual project to take home at the end of Camp.

## **WATERFRONT**

*Activities with a star (\*) require that Campers successfully complete the deep-water swim test before they may participate. Campers take the deep-water swim test during their first full day of Camp. The swim test consists of 300 yards continuous swimming, 1 minute treading water and 1 minute floating on her back. This will test endurance and survival skills. If they do not complete the swim test they are given additional opportunities to take the test throughout the summer.*

*Please note that your daughter's American Red Cross swimming level is not an additional requirement to participate in any water sports.*

*\*\*All boating and skiing classes require Campers to wear proper protective gear and lifejackets/Personal Flotation Devices while participating. This gear is provided by Camp. Athletic style swimsuits are preferred during participation in all waterfront activities.*

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| Crew/Rowing*       | Campers learn technical rowing skills along with teamwork and cooperation. Crew is limited to Campers in 5th Grade and up. Crew instructors are certified lifeguards and have an extensive background in rowing.   |
| Canoeing           | Campers learn flat-water paddling in a safe and fun environment. Campers complete various skill levels and work their way towards qualification for out-of-Camp canoe trips. All Campers in 5 <sup>th</sup> grade and under are required to complete one week of canoeing while at Camp. All canoeing activities are instructed by certified lifeguards who also have experience/training/certifications in flat-water canoeing.             |
| Kayaking*          | This activity is more challenging than canoeing. Campers learn to paddle kayaks in a flat-water environment. Older, more advanced paddlers also have the option of participating in a basic river kayaking focus. These Campers learn river skills on the lake at Camp prior to going to a nearby river to further hone their skills. Kayaking instructors are certified lifeguards and have training/experience/certifications in kayaking. |
| Stand-Up Paddling* | Campers of all ages can enjoy this paddling activity that incorporates motor skills such as balance and coordination. Campers can also challenge themselves with more physically demanding activities, including Paddle Board Yoga. Stand-Up Paddling instructors are certified lifeguards and have training and/or experience in Stand-Up Paddling and/or Surfing.  |
| Sailing*           | Fernwood Cove Campers learn what it takes to become a successful sailor. Instructors teach Campers how to assemble, maneuver, and disassemble sailboats in a proper and safe manner. With multiple styles of sail boats, Campers of all skill levels can challenge themselves while enjoying a breezy afternoon on Island Pond. Sailing instructors are certified lifeguards and have experience/training in sailing.                        |
| Swimming           | Swimming skills are fundamental and are required for all water sports at Fernwood Cove. Fernwood Cove has certified Water Safety Instructors that teach the American Red Cross Learn-to-Swim program. Campers finishing 7 <sup>th</sup> grade or above and who have <u>completed</u> Level 5 are not required to take swimming. Campers who do not fall under this category  |

will be required to complete one week of swimming. Participating on the Swim Team (when available) or in Swim Fitness also meets the 1-week swimming requirement.

Water Skiing\*

Water skiing continues to be one of the most popular activities at Camp. Out-of-Camp skiing is available to older skiers. All instruction is provided by instructors who are certified lifeguards and who have experience/training in water skiing. Instructors participate in a boat driving and maintenance course each summer. Instructors must show proficient boat driving skills prior to pulling Campers for skiing activities.

Wakeboarding\*

Wakeboarding is now offered separate from water skiing, allowing for greater attention and skill development. Out-of-Camp wakeboarding is also available for older riders. All instruction is provided by instructors who are certified lifeguards and who have experience/training in water skiing and/or wakeboarding. Instructors participate in a boat driving and maintenance course each summer. Instructors must show proficient boat driving skills prior to pulling Campers for wakeboarding activities.

## Fernwood Cove Daily Schedule

7:15	Wake-up/Reveille
7:45	Flag Bell
7:50	Flag Raising
8:00	Breakfast
8:30	Counselor Coffee
8:45	Assembly in Chick
9:00	Bunk Clean-up Time!
9:20	Focus 1 Bell
9:25 - 10:20	FOCUS 1
10:30 -11:25	FOCUS 2
11:35 -12:30	FOCUS 3
12:30	Lunch Bell
12:40- 1:20	Lunch
1:20 - 2:20	Rest Hour
2:20	Focus 4 Bell
2:25 - 3:20	FOCUS 4
3:30 - 4:25	FOCUS 5
4:35 - 5:30	FOCUS 6
5:30 - 6:20	Shower / Dip
6:20	Dinner
7:25	Evening Program BELL
7:15	Evening Program
7:15 - 8:45	Unstructured Community Time
8:45	Call to Quarters
9:00	TAPS

## Fernwood Cove Natural Horsemanship Program 2017

Fernwood Cove girls who enroll in the [Natural Horsemanship Program](#) will have the opportunity to learn horsemanship skills that will provide a great foundation for the future. Campers who are more experienced riders will be able to practice and advance their current skills.

The Natural Horsemanship Program focuses on natural horsemanship and horse psychology through activities on the ground and horseback. Individualized instruction allows Campers to progress through the Natural Horsemanship Skill Levels at their own pace. Our instructors have backgrounds in Natural Horsemanship and various riding styles.

Fernwood Cove has a wonderful 14 box stall barn and large arenas designed to facilitate your daughter's learning. We also have an extensive network of trails on Camp property which provides a great location for Campers to enjoy riding outside the ring.

Enrollment is limited as we want every girl to receive the attention she deserves. Enrollment for the Natural Horsemanship Program occurs when you enroll your daughter for Camp.

**Required Equipment:** Campers in the Horse Program must bring a helmet (ASTM-SEI approved), jodhpurs or inexpensive riding pants and boots that have heels, smooth soles and that covers the ankle when working with the horse. Please note that your daughter will not be able to ride until she has the appropriate required equipment.

### Fees for the Natural Horsemanship Program

**Savvy Club:** **30 focus periods**  
**Tuition \$1500**

This program is a double-focus period, extensive experience in Natural Horsemanship. It is appropriate for Campers who are looking for in-depth knowledge and skill development in a variety of areas of Natural Horsemanship and horse care. This program is geared towards Campers with a background in riding, however is open to Campers of all riding abilities. Campers in the Savvy Club work within the same skill level structure as the other options in the Natural Horsemanship Program, allowing returning Campers to continue from where they left off in the previous summer's activities.

**3-week focus activity:** **15 focus periods**  
**Tuition \$900**

This program is a more extensive experience in Natural Horsemanship and is appropriate for Campers of all experience levels. Campers begin with building ground-based skills with the focus of building their individual skills and the relationship with their horse. When appropriate, Campers progress to horseback riding, incorporating the skills and knowledge they have gained in the ground-based activities. Returning Campers can continue where they left off in the previous summer, allowing for continual growth from summer to summer.

**1-week focus activity:** **5 focus periods**  
**Tuition \$350**

This program is a basic introduction in Natural Horsemanship and is appropriate for Campers who are new to Natural Horsemanship and/or horseback riding in general. This option of the program allows Campers to gain a strong understanding of Natural Horsemanship without the longer commitment of the 3-week program. Campers who choose the 1-week program option are limited to basic level horseback riding and should not expect to complete skills such as cantering and jumping. Campers who participate in the 1-week program are welcome to visit the barn and arena areas during Visiting Day; however, they do not participate in Horse Program activities.