

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.” Focus activities last 55 minutes each. There are six focus activities per day. Each Camp session has 3 focus weeks, giving each Camper access to a total of 18 focus activities.

INTENSIVES

An “intensive” is an activity that 8th & 9th grade Campers take for either two or all three of their focus weeks. The number of intensives a Camper is allowed varies with her grade level. During the first week 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 2016 Season:

- In response to feedback from Parents and Campers alike, we are creating a new Athletics/Fitness requirement for Campers of all ages. This requirement will not only ensure that every camper is physically active while at camp, it will also improve the activities by allowing us to develop skill-level based activities for Campers of all ages. The new requirements will also increase the overall participation in the activities, helping to improve the overall experience. Campers and Parents can look for more information about this new requirement in the Activity Sign-Up information you'll receive in May.
- We are continuing the expansion of the Ropes Course and Climbing programs with a new Climbing Tower this year. The new tower will be located close to the existing one and provide new opportunities and challenges for campers of all ages, particularly the campers looking for more difficulty and technical skill development.
- We are transitioning our Photography program from a Black & White focused program to a Digital Photography program. This year we will largely focus on the same photography skills that have been taught in the Black & White Program, using Digital SLR cameras. The new Digital Photography activities will be partnered with Scrapbooking which was a huge success in 2014!
- We are looking to develop a Golf program and will be providing opportunities for campers to participate in golf, both in and out of camp, this summer. Campers and Parents can look for more information about this exciting addition in the Activity Sign-Up Information that will be sent to you in May.
- The flooring for The Chick will be completed and stairs will be installed, providing an easy, interior connection between the two floors of the building. The new flooring will not only complete the interior of the building, it will also help improve the acoustics for the various performances throughout the summer.
- Glee, Glee Jr, the 3-week Theater Production and the Dance Production will continue to be offered. Auditions for these performance groups will take place on the first full day of camp. Please note that any camper in one these multi-week activities will automatically receive the activity in her schedule.
- The Focus Activities continue to be categorized based on subject content. Campers will continue to choose ten activity choices and two alternate choices, but will also be required to choose a certain number of activities from each category, with the requirements becoming more lenient as the Campers get older. These choice requirements are as follows:
 - o 2nd, 3rd and 4th grade Campers will be required to choose at least one activity from 5 of the 7 activity categories.
 - o 5th and 6th grade Campers will be required to choose at least one activity from 4 of the 7 activity categories.
 - o 7th and 8th grade Campers will be required to choose at least one activity from 3 of the 7 activity categories.
- * *Please note that these choice requirements are in addition to the already existing activity requirements. Below are the activity categories and the specific activity descriptions. Please note those activities requiring special equipment or having an increased risk of injury.*

ADVENTURE

- Mountain Biking Fernwood Cove girls are able to 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.
- Nature Nature abounds at Fernwood Cove and Camper explorations are guided and encouraged. Campers explore the streams, lake, and forest on the Camp property while learning about habitats, ecology and animals native to Maine. Older Campers are able to experience the great outdoors through a variety of environmental awareness and conservation activities. Nature instructors have strong backgrounds in science (biology, chemistry, physics, and environmental science) and experience instructing children.
- 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.
- Intro Teambuilding* is offered for campers in 2nd - 4th grades and includes age appropriate ground and ropes course activities. High Ropes activities are limited in this activity option.
- Ropes Course* is a double-focus activity offered for 5th - 9th grade campers.
- 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 are able to learn to cook a variety of recipes while experiencing the outdoor environment. Campers also are able to 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. All needed equipment and supplies are provided however, campers are required to wear close-toed athletic shoes while participating in OLS activities. Campers in 2nd & 3rd 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 for campers of all ages. Campers will be able to provide information regarding their skill level for each activity prior to the summer. Additionally, Campers will rank their choices for their Athletics & Fitness requirement each week. This information will be utilized for each Camper, helping to ensure your daughter participates in the activities she enjoys and at the appropriate skill level.*

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.

Aerobics/Zumba* 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.

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 are able to 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

- 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.

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. Auditions occur during the first few days of camp and camper should have a short, 24-count audition piece prepared. Dance instructors are well qualified in technical dance instruction and performance.

Theater	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.
Gymnastics	The state-of-the art gymnastics building offers a wide variety of apparatus. Campers are able to 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.
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.

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 nd - 5 th grades and more advanced metal smithing activities offered for 6 th - 9 th 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.

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.*

- 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 5th 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 are able to 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 7th grade or above and who have completed 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.