

# Transform Your Summer



2019 Summer Programs at Heathwood Hall



## Welcome to Summer Programs 2019 at Heathwood Hall

We are excited to once again offer many wonderful opportunities for children of all ages to learn, explore, and have fun! From Highlander Day Camp to our dozens of specialty camps, Heathwood summer programs are designed to fit in with your summer schedule. Your child can attend for half days, full days, one week, multiple weeks or even the entire summer. We also have daily lunch offered as an option from local vendors. You'll find information about Highlander Day Camp and all the specialty camps we've scheduled to date below--but we're adding new camps all the time, so for a full listing and detailed descriptions of each camp (as well as to access our handy Summer Planning Worksheet), visit our website:

[www.heathwood.org/summer](http://www.heathwood.org/summer).

Here's why summer at Heathwood can't be beat:

**Our Programs are Diverse** - Heathwood Summer Programs have been thoughtfully crafted to be developmentally appropriate for all students from age two through grade twelve. While students are engaged with STEM, sports, arts & crafts, academic enrichment, and adventure, we are mindful to support their physical, social, and emotional growth. The best part is that you can pair any morning and afternoon camps to appeal to your child's diverse interests.

**Our Beautiful Campus is Conveniently Located** - Just minutes from downtown Columbia with easy access to I-77 and I-26, Heathwood's buildings sprawl across 122 acres of wooded wetlands. It is a hidden environmental oasis that is truly one of the best-kept secrets in the southeast. Gardens, playgrounds, athletic fields, a ropes course, art studios, and innovative classrooms are waiting for you to explore!

**The Summer Staff** instructors are the most highly skilled, enthusiastic, and dynamic teachers in their fields. Specialty camps are led either by caring Heathwood faculty, local experts, or nationally renowned vendors who have all been carefully selected to provide the top-tier of excellence in teaching and learning. Counselors build a safe, nurturing classroom community where campers share their talents, make new friends, and create lasting memories.

Our goal is to provide a superior camp experience for your child while providing educational, flexible and affordable childcare and camp options for you. Please join us for all the excitement at Heathwood this Summer!

Sincerely,

Allison Rashley  
Director of Summer Programs  
arashley@heathwood.org  
(803)231-7799

# Highlander Camps

## Early Childhood (EC)

### EC2 Highlander Day Camp

Grade EC2 (2 year-olds)

All Weeks

Half day: \$120, Full day: \$200

9AM-12PM, 1PM-4PM, 9AM-4PM

Highlander Day Camp for two year-olds provides our youngest campers with a caring, safe, and exciting summer experience! Students have the entire day to explore, play, be curious, and be nurtured by the most highly-skilled teachers. Our summer faculty strives to create an early childhood environment that focuses on learning to actively engage children's minds, bodies, and hearts. Summer programs are designed to teach the whole child through thematic learning. We will have a balanced schedule each day that will include healthy snacks, outdoor playtime, rest, stories, songs, art and design, and so much more. Class size is purposely limited to a small number in order to maintain a high-degree of individualized attention for each child. All children must be 2 years old by the beginning of camp in order to attend.

### EC3 Highlander Day Camp

Grade EC3 (3 year-olds)

All Weeks

Half day: \$120, Full day: \$200

9AM-12PM, 1PM-4PM, 9AM-4PM

Highlander Day Camp for three year-olds provides our youngest campers with a caring, safe, and exciting summer experience! Students have the entire day to explore, play, be curious, and be nurtured by the most highly-skilled teachers. Our summer faculty strives to create an early childhood environment that focuses on learning to actively engage children's minds, bodies, and hearts. Summer programs are designed to teach the whole child through thematic learning. We will have a balanced schedule each day that will include healthy snacks, outdoor playtime, rest, stories, songs, art and design, and so much more. Class size is purposely limited to a small number in order to maintain a high-degree of individualized attention for each child.

### EC4 Highlander Day Camp

Grade EC4 (4 year-olds)

All Weeks

Half day: \$120, Full day: \$200

9AM-12PM, 1PM-4PM, 9AM-4PM

Highlander Day Camp for four year-olds provides our youngest campers with a caring, safe, and exciting summer experience! Students have the entire day to explore, play, be curious, and be nurtured by the most highly-skilled teachers. Our summer faculty strives to create an early childhood environment that focuses on learning to actively engage children's minds, bodies, and hearts. Summer programs are designed to teach the whole child through thematic learning. We will have a balanced schedule each day that will include healthy snacks, outdoor playtime, rest, stories, songs, art and design, and so much more. Class size is purposely limited to a small number in order to maintain a high-degree of individualized attention for each child.

## **Highlander Day Camp**

Grades K-8

All Weeks

Half day: \$120, Full day: \$200

9AM-12PM, 1PM-4PM, 9AM-4PM

Highlander Day Campers will have a morning of fun, active play and learning! Experienced and caring teachers will guide students in age-appropriate groups through a day which includes a variety of structured activities as well as unstructured play time. Heathwood's campus provides the perfect setting for nature explorations and adventures. We will get creative with arts, crafts, treasure hunts, games, gardening, science, sports, drama, cooking, summer reading and much more based on, but not limited to our weekly theme. Campers will have an opportunity to attend a field trip on Fridays. Every week will bring a new slate of activities, so join us for as many weeks as you would like!

## **Specialty Camps**

### **ABC's of Etiquette**

Early Childhood (3) - Early Childhood (4)

07/15/2019 - 07/19/2019

\$150

9AM - 12PM

Learning manners and safety is fun in this interactive, fun-filled week using enriching literature and art activities each day. Early Childhood teacher Leyden Hane will teach campers how to 'Always Be Considerate' as they cover table, phone, and conversational manners. Campers will also learn how to 'Always Be Careful' if there is ever an emergency at home.

### **A.C.T. (Action, Cheer & Tumble) Camp**

Kindergarten - 8th

06/10/2019 - 06/13/2019

\$170

9AM - 12PM

This popular camp will focus on the tumbling aspect of cheer-leading in a fun, safe environment. Whether you are getting ready to try out for cheer -leading or simply want to master a certain skill, this camp is right for you! All levels, from beginners to the more advanced tumbler, are encouraged to attend. Campers will be divided according to their skill level in order to ensure maximum learning opportunities.

This is only a Monday through Thursday camp.

### **“All Things American Girl” Camp**

Grades 4th & Up

06/24/2019 - 06/28/2019

\$195

9AM - 12PM

Does your daughter love all things American Girl? This is the camp for her! Campers (and their favorite doll) will spend the week making crafts, playing games, and enjoying American Girl story time. Join instructor Mira Howard for a fun, technology-free camp that promotes creative play and imagination. Projects include making a doll sized blanket and pillow, matching doll/girl jewelry, crafting doll sized play food, and much more!

### **“American Girl Style and Fashion” Camp**

Grades 4th & Up

07/15/2019 - 07/19/2019

\$195

9AM - 12PM

A brand new camp for our American Girl loving campers! Due to the popularity of “All Things American Girl” we are offering a new week-long camp focused on doll style and fashion. Join instructor Mira Howard as we make outfits for our dolls, matching doll/girl accessories, and practice different doll hair styles. A great opportunity for girls who enjoy crafts, creativity, and American Girl Dolls!

### **Art Around the World**

Grade 5K-3rd

07/08/2019 - 07/12/2019

\$150

1PM - 4PM

Join Carla Moore, a Montessori teacher from Brockman Elementary School, for a look through the eyes of an artist! Campers will experience a true global celebration and learn about famous artists and styles of art that are unique to countries on each continent. Test out different techniques, and build a world-class portfolio of original masterpieces! Supplies will be provided.

### **Awesome Acting**

Grade 2-4

06/17/2019 - 06/21/2019

\$150

9AM - 12PM

Join Mrs. Galvarino, who has over 12 years experience teaching elementary drama, for Drama Camp this summer! Children will learn the basics of acting, express their creativity, and use their imagination through games, improvisation, puppetry, and skits. The camp will culminate with a performance of a play based on a popular children's book

### **Baseball Camp**

Grades 2-9

06/10/2019 - 06/14/2019

\$200

9AM - 12PM

Enjoy a fun filled week of baseball instruction with Brian Buscher, Joey Pancake and other former college baseball players. Each camper will get individual and group instruction daily through drills and games. Each player will be taught the fundamentals of throwing, catching, fielding, hitting and base-running! Camper will also be given a Camp Under Armor T Shirt.

\*\*\*Please come dressed in baseball practice attire. Cleats, bats, gloves and helmets. Friday will include a sliding session in bathing suits .\*\*\*

### **Beginner Horseback Riding Camp**

Grades 2-6

\$500

07/08/2019 - 07/12/2019

9AM - 4PM

This camp is for riders who would like to learn the basics in horse safety, grooming and horse care, and how to stop, start, and steer while riding. Each rider's competence and confidence level will determine how much they learn during camp. Our goal is for all riders to learn how to trot by the end of the week, though some may go on to canter. Drop off and pick up for riding camp will take place under the Campus Center . A small school bus will transport the children to and from the farm. Please send a lunch with your camper each day. We will have extra drinks, snacks, and sunscreen at camp. Please let us know if your child has any allergies. We have many different sized helmets on hand for campers to use, but if your child has his or her own helmet please send. We have found that children are most comfortable in their own gear. Boots with a heel are necessary for safety when riding. If you have questions about what is appropriate please call before camp. If there are advanced riders interested in camp, please let us know and accommodations can be made. Instructor: Elizabeth Grove

### **Beltline Bookworms**

Grades 5-8

\$150

07/08/2019 - 07/12/2019

9AM - 12PM

Books make summer better! This camp is all about allowing students a few hours each day for reading, writing and reflection. Students will have the chance to knock out some of their summer reading requirements while discussing and analyzing the works with their peers. Conversations about their novels will help with recall and building their literary community while creating and presenting book critiques will help students practice sharing and thinking critically about fictional plots. Additionally, students will also enjoy exploring short stories and graphic novels as well as listening to appropriate middle school read alouds. Instructor: Lynn Cooper

### **Boys and Books**

Grades 2-4

\$150

07/08/2019 - 07/12/2019

9AM - 12PM

Monsters, dinosaurs, trucks, trains, and animals—what does your little guy like to read about? Studies suggest that boys often lag behind girls in literacy skills, likely because they are less engaged with books. The best way to get better at reading is to practice, so each day, we'll read and talk about lots of books! We will also do a little writing and art and have plenty of playtime to burn off extra energy! Emily Hodges is a Heathwood middle school English teacher and mother of two boys. During this camp, she will get to know your budding reader and select books that are interesting and appropriate for them.

### **Boys Basketball**

Grades 3-9

\$150

06/10/2019 - 06/14/2019

9AM - 12PM

Do you want to improve your basketball fundamentals? Defense, rebounding, ball-handling, passing and shooting will all be covered during this camp. Heathwood basketball coach and Athletic Director Jeff Whalen will expand your understanding of the game via half-court and full-court situations.

### **Bubbles are the Best**

Grades K-4

\$150

07/22/2019 - 07/26/2019

9AM - 12PM

Come and explore the incredible world of bubbles! We will use a variety of tools as we explore bubbles and work to create a variety of shapes, sizes and even use bubbles to make art work. Students will learn about the inquiry model and how to create and test their ideas and use that information to create new ideas and questions. Instructor: Michelle Kunz

### **Calligraphy**

Grades 7-12

\$150

Various Weeks

1PM - 4PM

Come learn a creative approach to write various, beautiful styles of calligraphy.

Instructor: Mark Altman

### **Camp Invention**

Grades K-5

\$400

07/15/2019 - 07/19/2019

9AM - 4PM

This is a national program that is part of the National Inventors Hall of Fame! 2019 program includes : Creative Problem Solving: Children team up to rebuild ships and design underwater equipment in Deep Sea Mystery™. STEM Application: In DIY Orbot™, participants explore circuit boards, motors and gears as they design a remote-control bot to take on obstacles from sports to dance. Innovation: Children collaborate with inventor superheroes and take on roles of engineers, fabricators and innovators to conquer villains in Innovation Force™. Confidence: Kids become successful entrepreneurs in Farm Tech™, as they code bots to turn a polluted wasteland into a money-making machine and create devices to save animals.

Instructor: Natalie Ashenfelter

### **Christmas in June: Baking with Ornaments**

Grades 3-8

\$200

06/10/2019 - 06/14/2019

1PM - 4PM

Join Chef Jim McMahon and Lower School Art Director Melissa Brookshire for Christmas in June. Bake cookies, cupcakes and decorate your very own salt dough ornament that can hang on your Christmas tree in December!

### **Co-ed Basketball**

Grades 1-6

\$150

07/22/2019 - 07/26/2019

9AM - 12PM

Under the leadership of Heathwood's Varsity Girls' Basketball Head Coach Rich Edwards and some of his varsity players, the campers will have lots of fun improving their fundamental skills such as shooting, passing, dribbling, and defense while learning valuable lessons in teamwork and sportsmanship. Using many different types of games and contests, campers will test their skills each day.

### **Cookies, Cookies, Cookies**

Grades K-4

\$150

07/15/2019 - 07/19/2019

9AM - 12PM

Come and learn about how to make and decorate some of the the yummiest and most beautiful cookies. We will make sugar cookies, aquarium cookies, layered rainbow cookies, and a make your own secret recipe cookie. Baking allows us to use reading and math skills while making a delicious product. Students will learn how to make drop and roll cookies as well as ways to decorate cookies to add a special touch. Instructor: Michelle Kunz

### **Crafting Fun**

Grades K-4

\$150

06/17/2019 - 06/21/2019

1PM - 4PM

Would you like your child to learn about fun that doesn't involve a screen? Then this is the camp for you.! We will make cards, use washi tape in a variety of ways, create with clay, and learn some fun and unique ways to paint. Students will explore a wide variety of craft projects that are fun to make. Instructor: Michelle Kunz

### **Crazy About Cooking**

Grades K-4

\$150

07/08/2019 - 07/12/2019

9AM - 12PM

Students will learn how to make mini lasagnas, a variety of egg rolls, razzle dazzle smoothies, pretzel chicken, and bread in a bag. Students will learn how to make some delicious meals for their families that include a variety of food groups to help broaden their tastes.

Instructor: Michelle Kunz



### **Critter Camp**

Grades K-4

\$150

06/17/2019 - 06/21/2019

9AM - 12PM

Critters, critters everywhere: in the air, on the land, in the water, and underground! Come ready to learn about the different critters that live all around us in the hands-on week of adventurous learning. Master Naturalist and Lower School science teacher Natalie Ashenfelter, her therapy dog, Lacey, and third grade teacher Kim Bain will be your guides in searching high and low for critters during camp. We'll examine what we find and learn more about the habits, habitats and care of the critters around us. Students will expanding knowledge about critters: insects, reptiles, amphibians, mammals, and birds through activities, speakers, animal shows, and crafts.

### **Culinary Fun**

Grades K-4

\$150

06/24/2019 - 06/28/2019

9AM - 12PM

Come and learn how to prepare fun and yummy snacks. We will make fruit and veggie kabobs, frozen yogurt drops, chocolate fondue, banana sundaes, energy bites and apple nachos. Students will learn how to make a variety of fun snacks that represent a variety of foods.

### **Cursive Handwriting**

Grades 2-4

\$150

07/08/2019 - 07/12/2-19

9AM - 12PM; 1 PM - 4 PM

Cursive Writing is making a comeback!! Mark Altman will be teaching a creative approach for learning to write (and read) in cursive. Come enhance your handwriting with this introduction to a lost art.

### **Field, Stream & Forest Friends**

Grades Early Childhood (3)-K

\$150

06/17/2019 - 06/21/2019

9AM - 12PM

Is your child fascinated by animals that burrow in the dirt, live in the pond, or hide in the forest? Early Childhood teacher Molly Roddey will lead young campers in exploring Heathwood's many habitats. Children will learn the body parts of bugs and how insects are different from spiders. They will decorate a critter cage for insects that live on the land such as beetles, caterpillars, and grasshoppers, and create an ant farm to observe these special creatures. Campers will have the opportunity to experience our very own Observational Beehive and view these important pollinators hard at work!

### **Finding the Balance of Middle School**

Grades 5-8

\$200

06/17/2019 - 06/21/2019

1PM - 4PM

Life is all about balance. You love to play Fortnite or Roblox. You can't get enough of Snapchat or Instagram. Your parents however are always hounding you about your grades. What is a student to do? If this sounds familiar, this camp is for you. We will work on finding the balance in middle school. We will spend much of the day learning study and organizational skills, as well as working on your Math and English summer work. The rest of the day will then be spent enjoying a plugged in paradise, with the screen activity of your choice. We will learn that working hard deserves a reward. It's all about balance! If you want to get a jump start on your summer work, learn to study more efficiently, and have some fun, please join us. This camp will hopefully result in an easier school year next fall, allowing you to have more free time to do the things you love. All study materials will be provided, but bring your iPad for plugged in time.  
Instructor: Michelle Dillman

### **Five Paragraph Essay Writing**

Grades 8-12

\$175

06/24/2019 - 06/28/2019

1PM - 4PM

In this course, students will learn how to improve their writing skills for the essential form of writing in high school and college, the 5 paragraph essay. When it comes to writing essays in high school and college, we all need a place to start. Think of the five-paragraph essay as just that. Some students may find this to be a simple process, while others may spend a greater amount of time understanding this fundamental building block of high school and college writing. The core elements of the essay, the thesis, the body, and the conclusion, will all be at the center of this camp. Students will learn the best strategies and skills essential to becoming successful essay writer and how to adapt the 5 paragraph essay in longer, more in-depth, papers and essays.

Students will learn the ins and outs of the basic form of essays in high school and college, the 5 paragraph essay. Students will learn the best strategies and skills in essay writing. Students will also learn how to approach the core elements of an essay, the thesis, the body, and the conclusion. Instructor: Brice Spires

### **Flag Football Camp**

Grades 2-7

\$150

06/17/2019 - 06/21/2019

9AM - 12PM

Have fun learning the fundamentals of the great game of football with Heathwood Head Football Coach, Danny Lewis! Flag football is a great co-ed, team sport option. The camp offers both boys and girls the opportunity to play, work and have fun with a group, and teaches them healthy competition and sportsmanship. Teamwork is a big aspect of flag football as players learn how important it is to collaborate with their teammates and work towards a common goal. Camp attire: Campers should wear a t-shirt, athletic shorts, closed toe shoes & socks, and apply sunscreen before camp each day. Hat & extra sunscreen are recommended.

**Flow Into 5th**

Grades 5

\$175

07/22/2019 - 07/26/2019

9AM - 12PM

Flow from fourth.... Right into fifth! Rising 5th graders from Heathwood will be introduced to the 5th grade area in the Middle School building, learn about expectations and procedures, and get a sneak-peek at grade level and school-wide activities for the coming year. Attention to writing and reading will be a key feature of this class to equip students with all the tools they need to be successful in Middle School. Students may also focus on summer reading responses.

Instructor: Lynn Cooper, 5th grade English teacher and team leader.

**Foundations for Freshman Year**

Grades 9

\$180

07/15/2019 - 07/19/2019 &amp; 07/22/2019 - 07/26/2019

9AM - 12PM

The freshman year is a challenging one for many students, and those who begin ninth-grade English with a strong foundation are much more likely to succeed. This course is designed to strengthen the skills and study strategies necessary to succeed in 9th-grade Composition and Literature and should be especially helpful for students who have experienced difficulty with reading or writing assignments in the past and for those who are reluctant to read or who feel intimidated by their summer reading assignment. We will spend about half of our class time reading and will try to finish reading and discussing at least one of the two assigned summer reading books. We will devote the rest of our time to developing skills and strategies for reading, writing, vocabulary study, and organization. Instructor: Jim Hane

**Future Master Chess Camp**

Grades 2-6

\$200

Various Weeks

9AM - 12PM

Chess is the ideal game for the young mind! First and foremost, chess is fun! Secondly, chess helps improve critical thinking, perseverance, concentration, and increases self-confidence. Campers will receive personalized feedback and instruction suited to their level. Some highlights of this camp will be group problem solving, playing "guess the move", and competing in a camp tournament. Instructor: Sam Copeland

**Game Time**

Grades K-2

\$150

06/10/2019 - 06/14/2019

9AM - 12PM

Does your child love to play games? Join us for a week full of fun while brushing up on math skills, problem solving, and team building. We plan on playing indoor and outdoor games. We will try to introduce new games while playing some of our old favorites.

Instructor: Anna Schafer

**Girls' Basketball**

Grades 3-7

07/15/2019 - 07/19/2019

\$150

9AM - 12PM

Under the guidance of Heathwood's Varsity Girls' Basketball Head Coach Rich Edwards and some of the varsity players, the girls will have lots of fun improving their fundamental skills such as shooting, passing, dribbling, and defense while learning valuable lessons in teamwork and sportsmanship. Using many different types of games and contests, campers will test their skills each day in order to be more empowered and confident.

**Girls Run the World: Step Team**

Grades 4-6

06/17/2019 - 06/21/2019 &amp; 06/24/2019 - 06/28/2019

\$150

9AM - 12PM

The summer program will start with girls learning all about the art and culture of stepping. The girls will use rhythmic movement to create beats using various parts of their body and dance. The step team will be built on leadership, self-esteem, discipline, creativity and sportsmanship. The step team will also promote high self esteem, and teach girls how to work together. After all, girls run the world! Hopefully the girls will get to perform in the Annual Heathwood Pep Rally! The goal of the Step Team is to encourage, motivate, enlighten and tap into the abilities of students both artistically and creatively while also giving them high self esteem as a girl.  
Instructor: Talisa Sadler

**Girls Volleyball**

Grades 4-8

06/17/2019 - 06/21/2019

\$150

9AM - 12PM

Come enjoy a fun week of volleyball with Coach Stefani Koelbel and the Highlander Volleyball Team. This elite camp is designed for girls in rising grades 4 through 8. Campers will learn and improve the fundamentals of volleyball including serving, passing, setting, hitting, and defense. Finish the week with renewed confidence and excitement for the game!

**Kindergarten Sneak Peek**

Grade K

07/08/2019 - 07/12/2019

\$150

9AM - 12PM

Come have some fun with Mrs. Schafer and Mrs. Shainwald! You'll get a special peek into all the fun that happens when you become a kindergartner. We'll play games, act out stories, make play-doh, tinker, experiment, and explore our classroom centers. Also, students will help to make the August calendar for all of their incoming classmates, and will become familiar with the some of the routines of our day - including math and reading games!

**Life 101**

Grades 6 - 10

07/22/2019 - 07/26/2019

\$150

1PM - 4PM

Spend a week with Mrs. Jennifer Falvey learning many of the things you will need to know in order to Live Your Best Life! Topics covered will include: Around the House; Money Matters; Transportation Basics; and What's for Dinner? We'll get hands-on with things like cooking for yourself, taking care of your clothes, planning how to spend your money, how to find a job, and how to look after your car (when you finally get one!).

**Lower School Author Camp**

Grades 3-5

Various Weeks

\$150

9AM - 12PM

Author Camp! Bring out your inner author in this hands-on writing camp for middle schoolers. Explore different styles of fiction, from micro-stories to short stories, to creative nonfiction, plays and poetry. Try different brainstorming and plot techniques to get your ideas going, and then work on your own creative piece over the course of the week. Get daily tips and feedback on your work, and have the opportunity to share your creativity with others.

Instructor: Jennifer Falvey

**Matilda Boot Camp**

Grades 4-8

07/15/2019 - 07/19/2019

\$150

9AM - 12PM

Held mainly in the Campus Center Auditorium, Matilda Boot Camp activities will involve learning music and choreography from our upcoming fall production with the Middle and Upper Schools. Even if you don't plan on joining us for the production, this is a great way to spend a week working on a fantastic show. In addition to singing and dancing (easy to moderate level), we will also spend time playing theatre games, experimenting with set and prop designs for Matilda, and more! Th week will culminate in a final presentation for friends and family.

Instructors: Jonathon Monk and Janis Corely

**Master Training Chess Camp**

Grades 4-8

Various Weeks

\$200

1PM - 4PM

Students will learn advanced chess problem-solving skills and strategies and will receive personalized instruction to help them reach the next level. The advanced chess camp is an intensive (and fun!) opportunity for the top young chess players in S.C. to hone their growing skills as top SC players. For the advanced camp, students should have prior tournament experience. If you aren't sure if the advanced camp is right for your child, please contact Instructor: Sam Copeland strategerycg@gmail.com

### **Middle School Creative Writing**

Grades 5-8

\$150

Various Weeks

1PM - 4PM

Students will explore a variety of fiction formats, such as micro-stories, short stories, creative nonfiction, plays, and poetry. We will experiment with different brainstorming and drafting techniques, and will also discuss plot, character development, scene-building and dialogue. Students will have the opportunity to try each creative form, and will also create a draft piece in their chosen form. Instructor: Jennifer Falvey

### **#mindfulinthehall Summer Style**

Grades 5-8

\$175

06/10/2019 - 06/14/2019

9AM - 12PM

Join us to discover the many benefits that mindfulness practices can have on school and athletic performances, interpersonal relationships, and overall mental health. Campers will learn what mindfulness is while developing their own personal practices by focusing on mindful breathing, walking, eating, and journaling. Students will create their own glitter jars and snow globes, explore kinetic play, and even create recipes to discover how mindfulness can influence the way we prepare and eat food. Campers will learn how and why mindfulness practices can help improve focus, mental clarity, confidence, performance, and physical and mental well-being. Campers will also learn many mindfulness techniques that they will be able to take with them to respond effectively to everything from the mundane to extremely challenging situations. Instructor: Stacy Gross

### **Mrs. Frannie's Art from the Heart**

EC3-Kindergarten

\$150

07/15/2019 - 07/19/2019

9AM - 12PM

Art from the Heart is a wonderful introduction to many different mediums of art for children. Join Mrs. Frannie Chamblin for a fun week of arts & crafts as well as special snacks that they will make each day to go with the theme. Your child will create keepsakes that will be treasure forever!

### **Peace Baby**

K-2nd

\$150

07/08/2019 - 07/12/2019

9AM - 12PM

Montessori teacher Carla Moore will guide students through the path to becoming a peacemaker using hands-on and engaging activities. Campers will learn about peacekeepers around the globe, explore feelings and conflict resolution skills using read aloud books, songs, yoga, art, role playing, and structured play. Students will make and take home projects each day. Supplies included.

**PlayPower Explorers Camp: Melody Makers**

Grades Early Childhood (2)-Early Childhood (4)

07/22/2019 - 07/26/2019

\$150

9AM - 12PM

Join us this week for a magical musical adventure! We'll become Rockstars singing into our monster microphones, playing our dinosaur stomping drums, zaney xylophones, groovy guiros and more! Musical stylings from Reggae to Rhythm & Blues will have your little ones Rocking Out all week long! Instructor: Melanie Slattery, Pat Slattery, Megan Slattery

**PlayPower Explorers Camp: Playful Picasso**

Grades Early Childhood (2)-Early Childhood (4)

06/17/2019 - 06/21/2019

\$169

9AM - 12PM

This week join us for an Art Adventure! We'll explore our inner Monet as we introduce different Art Mediums such as Oil Pastels (aka "creamy crayons"), Collage Art, Sharpie Fun, and more. Each day's Art will be based upon our imaginative theme of the day! For example, on Under the Sea Day, we will create an underwater seascape! Time to get messy and discover our Playful Picasso! Instructor: Melanie Slattery, Pat Slattery, Megan Slattery

**PlayPower Explorers Camp: Sports Skills**

Grades Early Childhood (2)-Early Childhood (4)

07/08/2019 - 07/12/2019

\$150

9AM - 12PM

In PlayPower Sports Skills, we will learn about different sports using our favorite fun themes! Sharks & Minnows Football, Pirate Soccer, Bug Catcher Lacrosse and Beach Fun Volleyball are just a few of the Sports Adventures that we will go on! Learning sports skills through imaginary play is the perfect way to introduce your little one to the wide world of sports!

Instructor: Melanie Slattery, Pat Slattery, Megan Slattery

**PlayPower Explorers Camp: Tumbling Tots**

Grades Early Childhood (2)-Early Childhood (4)

06/10/2019 - 06/14/2019

\$150

9AM - 12PM

Join us this week for a Tumbling Tots adventure that incorporates tumbling skills with our favorite imaginative play themes! We will Tumble with Trolls, Flip with our friends from Frozen, Jump in the Jungle, do Spider-Man Handstands, Walk the Plank with Peter Pan, Tinkerbell and more! Come tumble and play the PlayPower way! Instructor: Melanie Slattery, Pat Slattery, Megan Slattery

### **Prepping for Algebra**

Grades 7-9

07/22/2019 - 07/26/2019

\$150

9AM - 12PM

Do you have a child who is getting ready to take Algebra for the first time? Summer is the time to enhance their math skills. Prepping for Algebra is the perfect camp to review all pre-algebra skills, as well as computational skills. Middle School teacher Liza Johnson will help your child build the foundation they need to be "prepped" for Algebra.

### **Prepping for Middle School Math**

Grades 5-6

07/15/2019 - 07/19/2019

\$150

9AM - 12PM

Fractions, decimals, and computation, OH MY! Summer is the perfect time to review the math skills needed to be successful in Middle School. Heathwood Middle School teacher Liza Johnson will help your child build the foundation needed to be ready for math during the middle years. All campers need to bring is a sharpened pencil and a good attitude. Ms. Johnson will take care of the rest!

### **Public Speaking**

Grades 7-12

06/17/2019 - 06/21/2019

\$150

1PM - 4PM

Public speaking can be an exhilarating, confidence-building experience that can help you in the classroom, at work, and in daily life! In this collaborative camp, participants will not only study the qualities of gifted orators throughout history, but they will also work together in a positive environment to give and receive constructive feedback to sharpen one another for a variety of settings. Students will be pushed to remain poised when under pressure, learn stress-relieving techniques, and even play Devil's Advocate. Students will develop the communication skills necessary to be more successful in the classroom, the office, and in daily life. The goals for this camp involve better one to one communication, without a screen in between, and a better understanding of how to communicate and present to a group. Instructor: Brice Spiers

### **Rolling, Rolling, Rolling, Keep Them Robots Rolling!**

Grades 4-8

Various Weeks

\$200

9AM - 12PM

NASA has just contacted us about a newly discovered asteroid that they need a group of students to explore in hopes of creating a new colony there. In this camp, we'll be "sending" our Dash and Dot robots to the "asteroid" to explore it, clear it of space debris, and develop it, and we'll record our finding for NASA to review at a later date. Come out and find out how the pros are using robots to do jobs that humans may not be able to do, and have a great time doing it! Instructor: Ryan Novak



**Run the Hall**

Grades 2-8

06/10/2019 - 06/14/2019

\$120

9AM - 12PM

Young runners will be introduced to cross country and track running and train on the cross country trails of Heathwood Hall. Runners will learn training, racing strategies, learn about proper running mechanics, drills and stretching. Runners will learn about leadership and communication by participating in various games and exercises and hear from guest speakers on various subject. Instructor: Cindy Scannella

**Run the Hall- Elite Running Camp**

Grades 8-12

06/24/2019 - 06/28/2019

\$120

9AM - 12PM

Spend a week this summer with expert coaches sharing training advice individualized to each athlete. Participate in workouts, learning new techniques and training options to improve endurance and strength to get to the next level!

Camp begins each day with a specialized workout designed to help runners get the most out of each workout, followed by Guest speakers, intensive sessions on injury prevention, strength training and sports psychology and college recruiting 101! Instructor: Cindy Scannella

**Safe Sitter**

Ages 11-15

07/30/2019

\$100

9AM - 2PM

Babysitting is an important business, and good sitters are always in demand. In this one-day class, participants will gain the skills needed to do the job well and earn parents' trust. Students will learn how to handle situations that may happen on the job, how a child's age affects how to care for them, how to prevent problem behavior, and how to run your own babysitting business. Safe Sitter is a pediatrician-designed program and will be led by Lower School teacher Kim Bain and counselor Jenny Holder. Each participant will receive a Safe Sitter certificate of completion and Babysitter's Handbook.

**SAT and College Admissions Essay Writing**

Grades 10-12

Various Weeks

\$200

1PM - 4PM

In this course students will learn how to write strong SAT and college admissions essays. Each week we will complete the verbal section of two SAT practice tests and discuss techniques for approaching difficult questions. By the end of the second week, the students should be more familiar and comfortable with the verbal section of the SAT, and they will have completed a polished college admissions essay written in response to one of the Common Application prompts. They will also leave with a deeper understanding of the fundamentals of effective analytical and narrative writing. Note: Although it is possible to enroll in only one-week of this two-week course, please note that we will focus on college admissions essays in week 1 and on SAT essays in week 2. Instructor: Jim Hane

**Seeds and Sprouts**

Grades Early Childhood (3)-K  
06/10/2019 - 06/14/2019

\$150  
9AM - 12PM

Come explore the many gardens on our campus to actively investigate the beauty in our natural world! Early Childhood teacher Molly Roddey has planned a fun week of planting, harvesting, and fun explorations of the gardens and habitats on Heathwood's campus.

Campers will participate in making their own healthy snacks, mini-herb gardens and terrariums. This will be a creative and hands-on week for children both inside and outside of the classroom. Instructor: Molly Roddey

**Senior Exhibition Kickstart**

Grades Rising Seniors from HHES  
06/17/2019 - 06/21/2019 & 07/22/2019 - 07/26/2019

\$250  
9AM - 12PM

Students will get a head-start on their capstone project: The Senior Exhibition. This hands-on, intensive summer camp led by Upper School English Teacher Elise Hagstette is meant to give students a chance to begin the year-long process of developing a research topic, preparing their method of study, and gaining important tips on the final presentation or product.

\*\*\* Student will need to bring their own laptop computers. Instructor: Elise Hagstette

**Sign Language Fun Jr.**

Grades K-2  
06/10/2019 - 06/14/2019

\$150  
9AM - 12PM

Sign language is a great way to engage the brain in learning. During this week, your child will learn how to sign common phrases such as please and thank you, food items, colors and many of the items they use at school on a daily basis. We will use songs and videos to make our learning fun and engaging. By the end of the week, students will be able to sign complete sentences. Instructor: Michelle Kunz

**Sign Language Fun**

Grades 2-6  
07/08/2019 - 07/12/2019

\$150  
1PM - 4PM

Students will immerse themselves in the world of sign language. They will learn basic phrases, school vocabulary, finger spelling, counting, and conversational greetings and phrases. Sign language is a great way to make connections in the brain. It is also fun to learn! Instructor: Michelle Kunz

### **Simple Creations**

Grades 5-8

\$175

06/10/2019 - 06/14/2019

9AM - 12PM

Do you have old photos, scraps of paper, cards & ribbon lying around that remind you of special times in your life? Memories allow us to re-live precious moments, so why not create an honored place for them in a scrapbook or on a "ME" board? Share them with others through hand-made cards & crafts. Join the Simple Creations camp & get your creative juices flowing with fun project ideas. Campers will make 12 - 14 scrapbook pages & a "ME" board using various themes (holidays, family, school, etc.). They will also design imaginative cards & other personalized pieces of work. Come join us for a week of engaging activities & fun! Instructor: Lori Byrd

### **Soccer Camp with Coach Player**

Grades 1-7

\$150

06/24/2019 - 06/28/2019

9AM - 12PM

Coach Curtis Player will lead campers through a week of fun soccer activities! Designed for all skill-levels, campers will work in small groups and participate in drills and lots of soccer-related games. Campers will gain confidence in ball handling and learn different offensive and defensive strategies. Come have fun and practice with champions! Please bring soccer ball, water bottle, cleats and tennis shoes. Instructor: Curtis Player

### **Soccer Shots Summer Camp**

Grades K4-2

\$125

06/24/2019 - 06/28/2019

9AM - 12PM

#### *4 TO 5 YEAR OLDS (PRE-K)*

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

#### *5 TO 8 YEAR OLDS (K-2ND)*

Soccer Shots Premier focuses on individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.

### **Softball Camp**

Grades 6-10

\$150

06/10/2019 - 06/14/2019

9AM - 12PM

Coach Rob Bauer will practice throwing, fielding, batting, and sliding. Practice at different positions. Fine tune softball skills. Bring glove, helmet, bat, cleats, and slider shorts.

### **Solving Crimes with Forensic Science**

Grades 5-6

\$150

Various Weeks

9AM - 12PM

This forensic science course for kids is packed with fun and educational activities in which students learn about crime-solving techniques. Fingerprinting, chromatography, crime scene processing, and impression evidence are just some of the topics that are covered. We'll practice observation, gather clues, identify suspects, and analyze evidence to solve puzzles, mysteries, and crimes.

### **Spanish Art History**

Grades 10-12

\$400

06/10/2019 - 06/14/2019

9AM - 12PM

06/17/2019 - 06/21/2019

9AM - 12PM

Students will learn to trace the development of Spanish peninsular art from early medieval works to modernity, identifying themes and notable characteristics according to each movement. Artists studied will include Diego Velázquez, Francisco de Goya, Pablo Picasso, Salvador Dalí, El Greco, and Bartolomé Bermejo.

This course may count for half of a fine arts credit or half of a general elective credit, and will culminate in a final exam. Instructor: Adrienne Woods

Attendance throughout the course and for the final exam is mandatory. Students should bring a writing utensil and notebook to each class. Any further material will be provided.

### **Spanish 1 & 2 Review Camp**

Grades 7-12

\$250

07/22/2019 - 07/26/2019

9AM - 12PM

Over the past several years, we have received requests from families for an on-campus Spanish refresher course so students can brush up on their language skills before heading into the new school year, particularly for those entering Spanish I, II or III.

To that end, Señora Lori Byrd is offering a one-week Spanish review class for interested students. Designed to strengthen language ability through a variety of activities and drills, it will be a good opportunity for any student who wants to shake off the linguistic cobwebs and particularly helpful for those who were encouraged to undertake additional Spanish practice this summer. Come join the Spanish fun!!!!

Students need to bring pencil, notebook, water bottle & snack daily. Students will be emailed a short review "packet" (due first day of camp) in order to evaluate current skills & to better develop the review. \*NOT FOR CREDIT - REVIEW ONLY\* Instructor: Lori Byrd

### **Sports Camp with Coach Humphrey**

Grades 2-5

06/24/2019 - 06/28/2019

\$150

9AM - 12PM

This camp will focus on a different sport each day with fun skills and games. Have fun while learning basics of a variety sports!! Instructor: Lynn Humphrey

### **Strength, Conditioning, & Nutrition Camp**

Grades 5-8

06/10/2019 - 06/14/2019

\$125

1PM - 4PM

Coach Jay Spearman's focus is to build all students from the ground up by using sound exercise physiology principles based on scientific knowledge and practical experiences. On the first day of camp, participants will begin by completing a brief functional movement screening to determine their current trunk stabilization quality. Each camp session will start with age appropriate education centered around: the guidelines of proper nutrition and hydration, as well as the goal for the day relative to the strength and conditioning components. Following the educational session, each individual will take part in the developmental movement sessions where they will be taught the appropriate functional strength movements such as squats, hip hinge, upper body pushing, upper body pulling, as well as other exercises beneficial for their level of development. In addition to the strength movements, the students will learn proper sprint mechanics leading into fun games that allows them to use the skills in which they have learned. To conclude each day, the students will be provided with a wrap-up educational session in order for them to ask questions and receive feedback for future development. Instructor: Jay Spearman

### **Stretch & Grow- All Star Sports**

Grades Early Childhood (3)-5k

06/10/2019 - 06/14/2019

\$125

9AM - 12PM

Stretch-n-Grow's certified fitness instructors will lead introduce skills and games in LOTS of sports! Take a try at soccer, basketball, track and field, baseball, volleyball, hockey and MORE!!

### **Stretch & Grow- All Star Gymnastics & Fitness**

Grades Early Childhood (3)-5K

06/17/2019 - 06/21/2019

\$150

9AM- 12PM

All Star Gymnastics & Fitness is an exciting introduction to gymnastics. Campers will spend time learning to tumble, balance on a low beam, practice fitness, and have FUN! Each day will include fun games and crafts, as students make new friends and try new challenges. Your child will learn about nutrition, proper stretching, and how to stay healthy. Campers will also develop gross and fine motor skills, and the curriculum is designed to help your child develop healthy social skills and a positive self-image. Don't miss out!

**Stretch & Grow- Super Hero Fitness**

Grades Early Childhood (3)-5K

06/24/2019 - 06/28/2019

\$150

9AM - 12PM

Superhero Fitness is a fun way to practice fitness and develop healthy habits in life! Each day we exercise pretending to be a different Super Hero, have fun crafts and activities to complete, and challenge each other to superhero games! This camp will teach strength, discipline, focus, balance, and is designed for both boys and girls! The week will include mini lessons on topics related to fitness and health, as well as developing a positive self-image.

**Stretch & Grow- Princess Dance Camp**

Grades Early Childhood (3)- 5K

07/08/2019 - 07/12/2019

\$150

9AM - 12PM

Princess Dance Party is a creative movement and ballet camp! Each day we dance to different princess songs, and work on special princess crafts. The cost of this camp includes a free tutu! Your child will develop and strengthen fine and gross motor skills, coordination, and balance, and have a royal time!

**Stretch & Grow- Wonderful World of Dance Camp**

Grades Early Childhood (3)-5K

07/15/2019 - 07/19/2019

\$150

9AM - 12PM

*Dance to all of our favorite Disney tunes!* Our Certified Dance Instructors from Stretch-n-Grow will lead this fun dance camp with a little ballet, jazz and hip hop! Enjoy activities, crafts and dancing to all things Disney!

**Stretch & Grow- Incredibles Fitness Camp**

Grades Early Childhood (3)-5K

07/22/2019 - 07/26/2019

\$150

9AM - 12PM

Time to get FIT and have fun Stretch-n-Grows Certified Fitness Instructors! We will get STRONG, fast and flexible by doing INCREDIBLE activities! We will pretend to fight crime all while exercising! Fun props, crafts and EXERCitement!

## **Superhero Coders: Camps**

### **Code It: Beginners**

Grades 2-4

\$200

07/08/2019 - 07/12/2019

9AM - 12PM

07/15/2019 - 07/19/2019

9AM - 12PM

Does your young superhero love computers? Creating? This program was made for them! Code IT is an exciting hands-on, half-day summer coding program for children in grades 2-4. The mission is simple – teach students to enjoy all things coding and web. Students learn to build basic web pages, animations, programs to run robots and simple games – and are encouraged to share their experience when they get home!

### **Create It: Advanced**

Grades 5-8

\$200

07/15/2019 - 07/19/2019

1PM - 4PM

If you love everything games, computers and web, Create It Advanced is the program for you! Learn how to build a website in a hands-on, half-day summer coding program for students in grades 5-8. In the early part of the week, you'll learn programming terms, wireframing, HTML, CSS and JS basics. Then, you'll put your knowledge to use during the later parts of the week as you mock up your own website. Students will also learn how to program robots.

### **Tennis**

Grades 2-6

\$150

TBA

Students will learn the fundamentals of tennis with Heathwood Director of Tennis, Coach Nick Gaffos! Each day, students will practice a variety of skills, techniques, and drills, and have the chance to sharpen skills in matches with other participants. Students should bring their own tennis racket, a water bottle, and wear closed-toe athletic shoes for each session.

### **Tennis, Jr.**

Grades EC4-1

\$150

TBA

Students will learn the fundamentals of tennis with Heathwood Director of Tennis, Coach Nick Gaffos! Each day, students will practice a variety of skills, techniques, and drills, and have the chance to sharpen skills in matches with other participants. Students should bring their own tennis racket, a water bottle, and wear closed-toe athletic shoes for each session.

### **Unlimited Hands On Science: Spy Academy**

Grades K-6

Various Weeks

Half day: \$175, Full day: \$250

9AM-12PM, 1PM-4PM or 9AM-4PM

In this camp students will be introduced to the world of undercover science. A spy by definition is a secret agent hired by a governing body to carry out a secret mission. Over the course of the week students will be trained and given all the tools needed to become a Jr. Secret agent and complete our famous UHS M.I.S.S.I.O.N. Instructor: Beaker Billy

### **Unlimited Hands On Science: Robotics Camp**

Grades K-6

Various Weeks

Half day: \$225, Full day: \$300

9AM-12PM, 1PM-4PM or 9AM-4PM

Do you think you have what it takes to build and power your own robot? Are you ready to become a junior engineer and an electrician? Come explore the world of robotics and become a “robo-scientist” today! This program will allow students to explore the basic and complex technology that is used to design and build robots. They will discover the world of robotics and when asked they will be able to describe the differences between humans and their robotic counterparts. If your child participated in robot camp last year do not worry. We are building all new robots this year! The cost of this camp includes all materials, and students take home their robot at the end of the week. Sign up for morning and afternoon, and build TWO different robots to take home! Instructor: Beaker Billy

### **Unlimited Hands On Science: Rocket Camp**

Grades K-6

Various Weeks

Half day: \$225, Full day: \$300

9AM-12PM, 1PM-4PM or 9AM-4PM

Follow us as we travel beyond our planet to the moon, the stars, the planets, over asteroids, around black holes and through other galaxies. We will then commute back to Earth just in time to be introduced to the world of rocketry. We shall unearth the means of transportation to reach the farthest corners of our solar system in this ultimate planetary tour. Children will learn the concepts of aerodynamics and take home their very own rocket. Instructor: Beaker Billy

### **Up, Up, and Away: Drones**

Grades 5-8

Various Weeks

\$200

1 PM - 4 PM

Drones are buzzing everywhere these days, so why not come out and learn more about them! We will learn and use basic coding skills to design flight paths, solve real-world problems, and learn what the pros do every day. From Hollywood to Search-and-Rescue to Drone Racing, students will have fun flying and coding drones just like the pros! We'll be using iPads, which we



will provide, but students may want to bring their own devices to continue what they learned after camp. Come out and learn about drones and have a great time doing it!

### **Wacky World of Fun**

Grades Early Childhood (3)-Early Childhood (4)

\$150

06/24/2019 - 06/28/2019

9AM - 12PM

Each day of this camp is custom-designed for fun! Early Childhood Teacher, Leyden Hane, has designed a different theme for each day. Whether it's Pajama and Pancake Day or Pirate Day, children will have a chance to enjoy a story time reading circle, creative art activities and friendship-building skills to make this camp a week to remember!

### **Walk on the Wild Side**

Grades K-6

\$175

06/17/2019 - 06/21/2019 & 07/08/2019 - 07/12/2019

9AM - 12PM

Come spend a week exploring nature in all its glory. We will meet animals, experience various environments around the Heathwood campus, and spend time outdoors. We will also create nature crafts and do some adventurous activities like shelter building, and blind hiking. Bring your bold spirit and let's have some fun walking on the wild side! Instructor:

### **Watercolor Magic**

Grades K-4

\$150

06/17/2019 - 06/21/2019

9AM - 12PM

Come and explore the amazing medium of watercolors. We will paint daily with watercolors and watercolor pencils. We will also add items like salt, straws, glue and wax to create unique designs. We will end the week with an Eric Carle inspired art piece with several layers of water color coming together to make an incredible design. Instructor: Michelle Kunz

### **World Religion**

Grades 9-12

\$400

06/10/2019 - 06/13/2019

9AM - 12PM

World Religions, a hybrid style course with an emphasis on the place that religion occupies in the life of everyday individuals, as well as the influence that it has on the wider world. It may be counted as a religion or social studies credit. Students will explore the primary ideas and practices of the major world religions. The course requires reading and writing. Required Text: Huston Smith. The World's Religions. ISBN-13: 978-0061660184. This is a HYBRID COURSE, meaning that students will meet on campus with the instructor the week of June 10-14 from 9 AM until 12 PM (15 Hours). The remainder of instruction (15 Hours) will take place online via Powerschool. There is also a MANDATORY FINAL EXAM administered on Monday, August 5th from 9 AM - 12 PM at school for which students must present. Instructor:

# PEAK Camps

## **Adventure Day Camp**

Grade 3-6

\$195

06/10/2019 - 06/14/2019

9AM - 12PM

Bike rugged trails, paddle whitewater rapids, climb high on ropes courses, and fill up the ten-ring on an archery target. This camp is jam-packed with pure adventure! Campers will spend the week on the bike, in the boat, on the ropes and on the range learning skills and safely pushing limits. Biking and paddling adventures begin on the trails and waterways on Heathwood's campus. As campers become proficient in basic skills, they'll move to local venues on the Congaree and Saluda Rivers and Harbison State Forest. Climbing adventures take place on the Alpine Tower and Odyssey high ropes courses, and archery happens on the Olympic archery range- both housed at Adventure Base Camp at Heathwood. Campers should bring their own mountain bikes and helmets. All other adventure gear is provided, including kayaks, PFDs, paddles, harnesses, climbing helmets, and state-of-the-art archery equipment, as well as transportation to off-campus biking and paddling venues.

## **Climbing Adventure Camp**

Grades 3-6

\$195

06/17/2019 - 06/21/2019

9AM - 12PM

Stan Wood and the PEAK staff will guide campers as they learn climbing skills on Heathwood's 50-foot Alpine Tower and Odyssey ropes courses, and the bouldering wall. Climbing is a great workout, building strength and endurance. Climbing also offers healthy risk-taking, which helps build self-confidence and fosters persistence. All technical climbing gear is provided. Throughout the week, campers are encouraged to climb higher and take on more challenges to take advantage of all the opportunities this camp has to offer!

## **Whitewater Kayaking**

Grades 5-8

\$245

06/17/2019 - 06/21/2019

9AM - 12PM

Outdoor adventure at its finest! Campers will join Stan Wood and PEAK staff members for a week of whitewater kayaking! Learn paddle strokes and rescue techniques on the Heathwood pond, then move to the gentle waters of the Congaree for a river expedition. As skills and confidence improve, campers progress to Class I and II whitewater on the Saluda River. All paddle gear and transportation to the riverside classrooms is provided. The river venues in Columbia offer great opportunities for viewing wildlife, such as bald eagles, otters, cormorants, kingfishers, and a variety of aquatic animals. Throughout the week, campers are encouraged to move beyond circles of comfort in order to take advantage of all the opportunities this camp has to offer!

### **Tsali, North Carolina Adventure (Overnight)**

Grades 7-8

06/24/2019 - 06/28/2019

\$645

Overnight

Tsali Recreation Area, located in the Smoky Mountains of Western North Carolina, near scenic Nantahala River Gorge and beautiful Lake Fontana, serves as adventure base camp for the week where students camp in tents or ENO hammocks. Each day brings new and exciting immersive adventures as we raft several of the whitewater rivers in the area, including the Nantahala, Nolichucky and the Tuckaseegee, ride miles of exhilarating, lake hugging mountain bike trails that begin just yards from our campsite, fly through the Gorge canopy on a series of tree-top zip lines, paddle the smooth, pristine waters of Lake Fontana in touring kayaks and paddle boards, and hike as Lilliputians through the old-growth hardwoods in the Joyce-Kilmer National Forest.

We prepare our own meals in camp with an occasional trip into Bryson City for pizza or a late night ice cream run. Expedition dates are M-F, June 24-28. Cost is \$645 and covers all outfitter expenses and meals in camp. All adventure gear (for rafting, zip lining and paddling) is provided; participants must bring their own mountain bikes and helmets. Tents and group cook gear is also provided. However, participants must bring their own ENO hammocks (optional), and sleeping bags and pads.

### **Deep Desert Summer Expedition (Overnight)**

Grades 9-12

07/24/2019 - 07/28/2019

\$975

Overnight

The Deep Desert Summer Expedition is designed for high school students (rising 9th-12th grade) who are interested in hiking and camping in some of the most beautiful places on earth. The Grand Canyon, Monument Valley and Meteor Crater offer spectacular panoramas and opportunities for exploration in three of the most iconic locations in the American southwest. The expedition hikes deep into the Grand Canyon, following the Kaibab, Tonto and Bright Angel Trails. With a little strategic planning, and a lot of luck, a cabin may be secured at Phantom Ranch on the Colorado River at the bottom of the Canyon. Regardless, the group travels through eons of time as the expedition winds its way along the canyon wall from the South Rim. The expedition also travels to Monument Valley, located on the high red sand desert of the Navajo Indian Reservation. With its towering sandstone buttes, this Tribal Park has been a popular filming location for many movies including Forest Gump, Cars, The Lone Ranger, and Mission Impossible II, just to name a few. Monument Valley is located near the Four Corners area where an opportunity awaits for the group to stand in four states, Arizona, New Mexico, Utah and Colorado — all at the same time! Meteor Crater, the site of a meteorite impact that produced a crater nearly a mile across and over 500 feet deep, offers a unique opportunity for hiking and exploration, as well. On this expedition, participants embark on a series of hikes that offer an opportunity to explore each of these exciting locations. Campsites will be established that allow access to the unique pristine wilderness that exists in this region of the United States. Cost for the trip is \$975 plus airfare. Group camping gear is provided, including tents, cook stoves, pot sets. The PEAK program has a limited number of backpacks, sleeping bags and sleeping pads available for loan.

## Off Campus Opportunities

### Sharks & Minnows Swim Lessons

Ages 4-10

\$175

06/10/2019 - 06/26/2019

1PM - 4PM

Kitty Konkle has been the swim school manager for Carolina Aquatics Swim Club for seven years. She has taught private and semi-private lessons for more than 25 years in the Columbia area. Sharks & Minnows swim lessons goal is to teach children how to swim and be safe in the water. Small group swim lessons will be taught Monday-Thursday for 30 minutes each day for beginning and advanced swimmers. (Friday will be used as a make-up day.) Classes will be held at Hunting Creek Swim Club. A HH bus will provide transportation to & from Heathwood with pick-up time at 4:00. The time before swim lessons will be used for dressing in swimsuits & putting on sunscreen. Afterwards they will change clothes, return to Heathwood Hall for a snack & afternoon activities. Swim lessons will be from 2:00-2:30.

### Columbia Sailing Club Jr. Program

Grades 2-12

\$425

06/10/2019 - 07/26/2019

9AM - 5PM

**Beginner Optimist** - This course will teach the basics of rigging a boat, basic boat handling, sailing fundamentals, seamanship (knots, weather, etc.), sportsmanship, and water safety. A basic introduction to the sport of sailing. Instruction is done in club-owned single sailor Optimists. Sailors learn the basics of steering, trimming the sail, and balancing the boat in an exciting, hands on way.

**Intermediate Optimist** - This course is for sailors who have completed the beginner Optimist Course and want to continue their progression. Instruction is done in club-owned Optimists with one sailor per boat. By completion, sailors will be able to sail on all points of sail in most wind speeds, know all parts of the boat, and tie basic knots. The goal being to better prepare students for the Opti Green program and future sailing.

**Beginner 420** - This course is for older and larger sailors who are new to sailing, or younger sailors with some experience but who are new to the 420. Course includes basics of rigging a 420, basic boat handling, seamanship (knots, weather, etc.), sportsmanship, and water safety. Instruction is done in club- owned 420s with two sailors per boat.

**Intermediate 420** - This course is for sailors who have completed the Beginner 420 course and want to continue their progression. Instruction is done in club- owned 420s with two sailors per boat. By the end of the course, sailors will have been introduced to the spinnaker, trapeze, and more advanced boat handling techniques. This class will not participate in regattas.

**Adventure Program** -This course is designed for those who want to be on the water but aren't necessarily interested in racing. Adventure Boaters will be introduced to a variety of boats including: 420, keelboat, Optimist, catamaran's and O'pen Bic. It will also explore navigation, boat mechanics, environmental awareness, and will take sailboat trips to local points of interest. This class is perfect for the child that loves the water and experiencing it in a variety of ways. This is an inspired alternative to the conventional racetrack route and build a foundation for lifelong sailors.

### **Columbia Scuba: Padi Open Water Diver Certification**

Grades 5-12

\$450

06/17/2019 - 06/21/2019 & 07/08/2019 - 07/12/2019

9AM - 12PM

If you've always wanted to learn how to scuba dive, discover new adventures or simply see the wonderful world beneath the waves, this is where it starts. The PADI Open Water Diver course is the world's most popular scuba course, and has introduced millions of people to the adventurous diving lifestyle. The PADI Open Water Diver course consists of three main phases:

- Knowledge Development (classroom, home study or online) to understand basic principles of scuba diving,
- Confined Water Dives to learn basic scuba skills,
- Open Water Dives to review your skills and explore!

**Prerequisites:** To enroll in the PADI Open Diver course or Junior Open Water Diver course, you must be 10 years or older (PADI eLearning requires a minimum age of 13 years due to international internet laws).

**The Fun Part:** The fun part about this course is... well, just about all of it because learning to dive is incredible. You breathe underwater for the first time (something you'll never forget) and learn what you need to know to become a certified diver. During the course, you'll make at least five pool dives and four dives at local dive sites under the supervision of your PADI Instructor.

**The Scuba Gear You Use** In the PADI Open Water Diver course, you learn to use basic scuba gear including a dive computer, and standard accessories. The equipment you wear will be

chosen by your COLUMBIA SCUBA Open Water instructor to ensure your comfort throughout the course.

Columbia Scuba will provide students with a regulator, BCD, computer, weights and all air fills necessary to complete the course. Wetsuits are available for rental.

Students need to begin class with their own snorkel set, which should include a scuba mask, fins, booties and a snorkel. The most important thing about personal gear is that it fits and is comfortable. Let us know if you would like for us to custom fit you with your own gear!

**Transportation during the course:** Parents or guardians will need to arrange for student transportation to and from training activities.

### **Columbia Scuba: Padi Seal Team**

Grades 2-7

\$369

06/17/2019 - 06/21/2019

9:30AM - 1PM

This summer, introduce your child to the awesome experience of SCUBA Diving during Columbia Scuba's Seal Team SCUBA Camp! Each day, campers will complete Aqua Missions in the pool, where they develop SCUBA skills through fun, challenging underwater activities and games. Campers will learn about marine life identification, complete underwater obstacle courses, and log their activities and progress, just like SCUBA divers. This is a pool-based program, so campers will *not* be diving offshore. Seal Team SCUBA Camp will culminate in a pizza party on Friday to celebrate campers' new skills! By the end of the week, participants age 10 and older will be ready to jump right into their PADI Open Water certification class. Each camper is required to bring a well-fitting set of Mask, Snorkel and Fins. Discounted Snorkel Packages are available to campers at Columbia Scuba's shop. These items **MUST** be acquired before camp begins. Each day, campers should arrive with a positive attitude, and bring along a healthy lunch, refillable water bottle, sunscreen, swimsuit, towel, hat and change of dry clothes. Seal Team SCUBA Camp is **\$369 per camper**, which includes all pool and swimming fees, SCUBA rental equipment, games and activities, and an end-of-camp pizza party.

\*PLEASE NOTE: If a camper answers "YES" to any of the questions on the required [PADI Medical Form](#), you **MUST** contact Columbia Scuba (803) 788-9166. You will need to schedule a doctor's appointment and complete additional medical paperwork for your child prior to the start of camp.\*

