

# Summer 2025 Themes & Fitness Programs

Country Life Kids Camp is a unique faith-based summer day camp in Medina, Ohio.

Find more info and register online at www.countrylifekidscamp.com

# ALL CAMPERS PARTICIPATE IN OUR CORE PROGRAMMING:

Life Skills/Character Development • Team Building • Hands-on Activities (STREAM) • Young Naturalist • Arts & Crafts Religious Activities • Garden/Hydroponics • Fun Weekly Themes and Special Events

In addition to the CORE programming above, parents can CHOOSE one of two physical activity tracks for your child when registering:

# **COOPERATIVE GAMES (AGES 7-13)**

The learning goals of the teacher-led cooperative games program are to increase the campers' sense of personal confidence, to develop interactive and cooperative team building skills, to increase their level of physical conditioning, encourage problem solving and decision-making skills and let campers play in a fun and supportive environment without fear of failure. The Cooperative Games fitness track will afford your child the opportunity to experience all of the CORE aspects of the "Camp Adventure" including Weekly Themes and Special Events.

# **INSTRUCTIONAL SPORTS (AGES 8-13)**

Athletic training and sports instruction by highly motivated coaches from around the region who are dedicated to helping your child achieve and succeed, striving to reach personal bests in athletic and agility training.

Leadership • Agility • Sports Ethics • Athlete of the Week

The Instructional Sports fitness track will afford your child the opportunity to experience several elements of the CORE aspects of the "Camp Adventure" including Weekly Themes and Special Events.

# Week 1 June

2-6

#### **Eco Innovators**

Let's embark on an exciting adventure using imaginative fables to guide us as we engage in hands-on EcoCycle concepts! Together, we'll explore fun ways to recycle, reduce, reuse, upcycle, and even harness the power of renewable energy. This is all about sparking creativity in young minds while making a positive impact on our environment.

#### Special Event

Get ready to design, engineer, and build your very own Putt-Putt Course on our delightful 9-hole putting green, using recyclable materials. After all your hard work, come enjoy playing on the fantastic course you've created!

# **CHOOSE YOUR PHYSICAL ACTIVITY TRACK**

(17hr/wk)

# Instructional Sports - Intro Pickleball

Players will be coached through essential pickleball skills, including serving, ground strokes, dinking, and scoring. The program begins with developing court-awareness and court-positioning, progressing to footwork, body-positioning, and proper mechanics. Pickleball, a sport that blends elements of badminton, ping-pong, and tennis, is quick, fast-paced, and easy to learn. The best part is that our camp has invested in two new pickleball areas with backstops, ensuring continuous play. Campers will master the fundamentals, rules, and strategies of the game while enhancing their hand-eye coordination in a fun and supportive environment.

# **OR** Cooperative Games

This week, campers will discover fun ways to share resources while tackling exciting challenges and thinking creatively! They'll learn important life lessons about teamwork and the value of communication through a variety of engaging STREAM sports. These activities blend physical movement with science, technology, religion, engineering, art, and math, making learning come alive. Our curriculum encourages kids to move, think, and explore by applying STEM concepts to putt-putt and frisbee games.

(4hr/wk)

## Week 2

# June 9-13

# **Mysteries of Water**

**Barnyard Carnival** 

What are the wonderful mysteries of water? Among the most common substances on Earth, water holds so many fascinating secrets! It features a variety of unique properties—many of which are vital for life. Together, we'll dive into the enchanting water cycles, discover different forms of water, uncover the amazing power of water, explore what lives beneath our CLKC pond, and learn how to fish in Ohio's beautiful waters.

#### Special Event

Dive into a thrilling mystery with our life-size Clue game! Are you familiar with the classic detective board game? We're bringing it to life for an exciting in-person adventure! It's a fantastic opportunity for youth to think critically, forge relationships, and unravel the mystery of a sunken treasure.

### CHOOSE YOUR PHYSICAL ACTIVITY TRACK

# **Instructional Sports - Intro Basketball**

player's skill sets along with increasing their court IQ.

(17hr/wk)

# **OR** Cooperative Games

(4hr/wk)

This week, campers will have a fantastic time exploring different variations of volleyball and badminton games. They'll dive into basic essential skills like serving, passing, setting, and spiking. Volleyball is not just an exciting game; it's also a wonderful way to build trust and communication within a team, all while enhancing personal strength and coordination.

# Week 3

# June 16-20

Explore the exciting future of agriculture by learning about soil, farming, and wildlife conservation through engaging hands-on demonstrations, experiments, and even muddy fun! Together, let's cultivate healthy habitsspiritually, emotionally, and physically—while

we discover wonderful ways to enhance our

#### **Special Event**

Join us in designing, engineering, and building fun carnival games for our Barnvard Fun Fair! And don't forget to get moving at our lively Barn Dance Party. Who knows, we might even have some friendly barnyard animals joining in on the fun!

# **CHOOSE YOUR PHYSICAL ACTIVITY TRACK**

# Instructional Sports - Tough Mudder Challenge (17hr/wk)

through intense leadership and team development settings where they

succeed in an individual and team environment. Our dynamic training

includes a combination of agility, obstacle course challenges, strength

compete in a fun, competitive endurance event that will challenge them

to make their way through a course to complete various obstacles and

and endurance activities. At the end of the week, the campers will

varying distance runs like a Tough Mudder Challenge.

will gain a better understanding of what it takes to improve, achieve and

This week forges an opportunity for a competitive athlete to strive

The first basketball week will focus on the fundamentals of basketball

such as shooting, lay-ups, finishing moves, footwork, passing, jump

stops, pivoting, blocking out, rebounding, dribbling, ball-handling, foul

shooting, and defensive and offensive development. These fundamentals

to compete and contribute at the next level no matter the competition. To

enhance these skills, dynamic drills will be used to challenge and excel

are the key ingredients to master for they will give the athlete the skills

# **OR** Cooperative Games

(4hr/wk)

From the Barnyard to the Hall, get ready to dance your heart out all week long! You'll have a fantastic time practicing timing. movement, rhythm, and balance. Campers will jump into some wonderful traditional line and square dances, discovering the rich history and importance of dance in our culture along the way! And if dancing isn't your thing, no problem at all! We'll help you learn the basics and then get you involved in playing along with an instrument to keep the rhythm alive. We will also blend in an array of wild barnyard carnival relays that will be sure to spark a laugh!

# Week 4 June

23-27

# **Around the World Holidays**

overall health and wellbeing.

Embark on an exhilarating journey as we celebrate global holidays, delving into the vibrant history and beloved traditions of different countries, with a focus on Christmas. Halloween, and Easter!

## Special Event

Prepare for the Amazing Holiday Race Around the World Challenge, destined to be one of the most unforgettable events in camp history. Join us for this extraordinary, Olympic-style competition, where your team will tackle festive engaging challenges for both the mind and body at every step! Who will win the race and be honored with timeless medals?

# CHOOSE YOUR PHYSICAL ACTIVITY TRACK

### **Instructional Sports - Net Games**

(17hr/wk)

Elevate your game with net games and volleying skills at CLKC! Your young athlete will develop their court-awareness, footwork, bodypositioning, and mechanics to conquer games like badminton, pickleball, and volleyball. Transform playground fun into net game mastery!

#### **OR** Cooperative Games (4hr/wk)

Play games around the globe with us! You'll get to explore wonderful cultures and traditions through fun and engaging games. From the timeless board games of Asia to the lively outdoor games of Europe and the creative games of America, these activities are more than just entertaining—they're a fantastic way to learn, connect with others, and gain insights into the cultural values of diverse societies.

# Week 5 July

7-11

#### **Camp Jurassic**

Explore paleontology and volcanology during an exciting week of Jurassic adventures. Become a geo explorer and discover ancient treasures, including gems and dinosaur species.

### **Special Event**

Prepare to put your skills to the test in Operation Volcanic Panic, a high energy crisis mission inspired by iconic Jurassic films.

### CHOOSE YOUR PHYSICAL ACTIVITY TRACK

(17hr/wk)

# Instructional Sports - Advanced Basketball

The final basketball week at Country Life Kids Camp will be an exciting opportunity for our athletes to develop and refine the skill sets that will allow them to compete and contribute at the next level. This week will focus on:

- · Dynamic drills that challenge and excel players' skill sets, increasing their court IQ and developing them as complete team players.
- Fundamental skills at higher levels of performance, emphasizing court awareness, mental toughness, work ethic, and attitude.
- · Athletes will learn essential team offensive and defensive strategies and concepts.

Agility training will continue to focus on basketball-specific movements to develop guickness and balance, benefiting athletes in both the transition game.

# **OR** Cooperative Games

(4hr/wk)

Have you ever seen a Triceratops or T-Rex? This week, embark on an exciting adventure that will invigorate your senses with the sights, sounds, and scents of the CLKC wilderness as you explore. Get to know the landscape using maps, clues, and geocaching techniques to unearth hidden treasures or avoid hazardous Cretaceous creatures. Along the trail, we will participate in activities such as Nature Bingo, binocular glassing, I Spy, nature journaling, and more!

# Week 6

# July 14-18

Join us for a fun-filled science adventure where you can bend, stretch, and squash your way through exciting polymer experiments! Did you know that both plants and animals have their own natural polymers? Get ready to create a lively lab with wild experiments that even the minions would be amazed by!

#### Special Event

Become part of our Minion Polymer Museum by setting up your very own station! Just keep an eve out for any sneaky supervillains who might want to snatch away your wonderful creations and cause a little mischief at CLKC!

# CHOOSE YOUR PHYSICAL ACTIVITY TRACK

#### **Instructional Sports - Soccer**

(17hr/wk)

The athletes will learn how to play smart and simple one to two touch soccer through fundamental training and small sided games. This type of training will help the athletes show creativity and vision on the field with full control of the ball, give them the ability to anticipate the next play and be able to make quick decisions under pressure elevating them to the next level. They will train to become a master in dribbling, shooting, passing, juggling, crossing, heading, and tackling with precision. Opportunities for each athlete to train both physically and mentally will be planned daily for development of the complete and coachable player

# **OR** Cooperative Games

(4hr/wk)

Why should Gru have all the fun? This week, get ready to bounce like a polymer as we dive into the basics of basketball together! We'll focus on dribbling, passing, shooting, and rebounding through fun activities and drills that everyone, even beginners, can enjoy. Plus, campers will have the exciting opportunity to discover Korfball - a fast-paced and rapidly growing team sport played in over 70 countries around the globe! Come join us this week and be part of the action!

# Week 7

# July 21-25

**Game Makers** 

Minion Frenzy

Discover the fun of strategy while learning board games with a level-up mindset! Unleash your creativity as a gaming engineer by designing, building, and playing your very own board game.

# Special Event

Join us for a Operation Game's Not Over Challenge! Embrace the adventure in this chaotic quest, where you'll step into a life-size game inspired by a combination of Jumanji, Wreck-it-Ralph, and even Pixels. Are you ready to conquer the game?

# **CHOOSE YOUR PHYSICAL ACTIVITY TRACK**

# **Instructional Sports - Fielding Games**

(17hr/wk)

# **OR** Cooperative Games

(4hr/wk)

Envision overcoming every obstacle! Our thrilling dual team challenge obstacle course encourages campers to push their boundaries and uncover their true potential. They'll sprint with excitement, soar to greater heights, and feel more powerful than ever! Participants will tackle various challenges including the rope climb, balance beam, rock wall ascent, cargo net, tunnels, low crawls, and hurdles, all while striving to improve their time and enhance their overall fitness.

This week is dedicated to fielding games where you can give your best to learn baseball and softball skills, tactics, and situational play. Campers will participate in kickball, softball, and baseball games to develop and enhance their overall fielding capabilities. The focus will be on sports-specific skills like hitting mechanics, correct throwing techniques, and fielding both fly balls and grounders. We will cover offensive and defensive scenarios to help campers gain a deeper understanding of the game, fostering mental focus and situational awareness in the field, at bat, and on the bases.

Furthermore, campers will have chances to refine specific positional skills, such as catching and pitching. Regardless of whether you're a newcomer to the sport or a seasoned player at the club or travel level, this week at camp promises a fun, dynamic approach to skill-building and situational drills, allowing you to elevate your game beyond the warning track and out of the park!

# Week 8 July 28 -**August**

### Myth Buster Lab

Travel through timeless novels and experience the thrill of re-living the tales of Treasure Island and The Wizard of Oz. Go on guests that turn these classic novels into wildlife science and engineering challenges that will task you to build a life-size log raft and produce working puppet models

#### Special Event

Both novels of Treasure Island and Wizard of Oz are classic tales. Relive iconic parts of the novels in live action role playing games and engage in puppeteering scenes that are sure to make the story come to life like a graphic novel. All of the STEM engineering from the week will come together, combined with some imaginative humor, for a grand finale that will be filmed and created as a minicomic movie!

### CHOOSE YOUR PHYSICAL ACTIVITY TRACK

(17hr/wk)

# **Instructional Sports - Advanced Pickleball**

The second week of pickleball at Country Life Kids Camp promises to be an exciting and skill-building experience for all campers. This week, players will focus on enhancing their individual offensive skills, such as attacking, and defensive skills to effectively cover the entire court.

To aid in their development, we will introduce a pickleball machine, providing campers with additional time on the court to practice and refine their techniques. This machine will allow for repetitive drills and consistent practice, helping players to improve their accuracy and reaction times.

In addition to individual skills, there will be a strong emphasis on doubles play. Campers will learn to move in unison with their partners, mastering the art of positioning and communication to successfully defend the court. This teamwork aspect is crucial for effective doubles play, ensuring that players can anticipate each other's movements and cover the court efficiently.

The week will culminate in an exciting doubles tournament. This event will give campers the opportunity to showcase their newly acquired skills and compete in a fun and supportive environment.

# **OR** Cooperative Games

(4hr/wk)

Get ready to duck, dodge, jump, and throw, all while having a blast! This week, campers will engage in an exciting array of dodgeball games that guarantee plenty of fun. You'll enjoy a fantastic time while honing your hand-eye coordination, balance, flexibility, and agility—getting a great workout in the process! Prepare for exhilarating mythical challenges such as Gladiators, Dr. Dodgeball, Prison Ball, Island Dodgeball, and Hoop Shoot Dodgeball, all crafted to bring out your inner champion! Expect to see some shaving cream dodgeball included for some wild and wacky end-of-summer fun!

# Week 9 **August** 4-8

#### **Epic Decade Bash**

Explore the evolution of American culture throughout the decades. Journey across the nation to discover significant achievements. notable figures, and cultural icons from the 1950s to the present! Celebrate the eras of the 1950s-60s, 1970s-80s, 1990s-2000s, and beyond!

#### **Special Event**

Form your teams for our Game Show Mania event, where we will revisit some of America's most beloved game shows! Enjoy Jeopardy, Family Feud, and Wheel of Fortune!

# **CHOOSE YOUR PHYSICAL ACTIVITY TRACK**

**OR** Cooperative Games (4hr/wk)

> Jump into an introduction of non-competitive soccer-like games while exploring key skills like passing, dribbling, and shooting. Campers are going to have an amazing time enhancing their foot skills through fun games such as kickball, footgolf, human foosball, and speedball. These engaging activities are fantastic introductions to practicing your footwork and learning how to move strategically for both team and individual success, all while boosting your overall game IQ.

#### **Instructional Sports - Survivor Challenge** (17hr/wk)

This week at Country Life Kids Camp, campers will have the thrilling opportunity to "Tribe-Up" and engage in the Survivor Challenge. Throughout the week, they will strive to Outwit, Outplay, and Outlast each other in a series of athletic challenges designed to test their intellect, athleticism, and teamwork skills.

Each day, participants will work hard to demonstrate positive character traits and the diligence needed to be voted "IN" at the Final, Daily Tribal Council. This daily recognition as the Survivor Leadership Award Winner will make them eligible for the prestigious Survivor Master Leadership Award at the end of the week.

We are excited to see the campers rise to the occasion and showcase their growth and resilience during this action-packed week!

# Where Kids Can Be Kids

Our Mission is to prepare our youth for the future by instilling in them character... values... leadership... and a moral compass by which to lead their lives.



See our website for details about our early registration and sibling discounts!