

## **FULL DAY SPECIALIZED ACTIVITIES (9:00-3:00)**

**See registration contracts for exact days, times, and any associated fees.**

### **MAJORS ONLY-Wednesday trips- (Please read, download, and sign waivers attached)**

#### **Aerial Challenge Course and MORE at Mt. Sunapee**

Hopefully you're not afraid of heights! This fun-filled day includes tackling the tree-top climbing course at Mt. Sunapee, riding the Clippership quad chairlift to the top, playing mini golf and disc golf, as well as going for a swim at Sunapee State Park.

**NO SANDALS-Sneakers only please. *Please pack a lunch and snacks for the day or bring money to purchase food.***

[http://www.mountsunapee.com/mtsunapeewinter/downloads/pdf/adventure/MSR\\_aerial\\_release.pdf](http://www.mountsunapee.com/mtsunapeewinter/downloads/pdf/adventure/MSR_aerial_release.pdf)

#### **AG Paintball**

Shoot and splat! Campers will spend the day taking aim at each other in the paintball ring.

**NO SANDALS-Sneakers only please. *Please pack a lunch and snacks for the day or bring money to purchase food.***

<https://reservations.agpaintball.com/waiverprofileform.aspx>

#### **Loon Adventure Park**

Our day will begin with a series of thrilling activities at Loon Mountain including; Zipline (round-trip), Biking (2-hour rental) and unlimited access to Gondola Skyride, Glacial Caves & Summit Adventures, Bungee Trampoline, and Climbing Wall. Hopefully we will then have time to spare for a dip in the lake at Grammie's Camp.

**NO SANDALS-Sneakers only please. *Please pack a lunch and snacks for the day or bring money to purchase food.***

#### **Fisher Cats Game**

We are looking forward to a fun day at the ballpark! Maybe we will get a picture with FUNGO!

**Bring money for food and drinks in the park.**

#### **Surf Lessons and a Day at the Beach**

We are looking forward to an eventful day at the beach! Campers will receive a surf lesson from the pros at Summer Sessions Surf Shop in Rye, NH and then enjoy the remainder of the day in the sun at Jenness Beach.

***Please pack a lunch and snacks for the day or bring money to purchase food.***

#### **Skyzone Trampoline Park**

It's a bouncing playground filled with wall-to-wall trampolines, dodgeball, basketball, and more! Come with us to play Skyzone Trampoline Park!

***Please pack a lunch and snacks for the day***

<http://www.skyzone.com/manchester/Online-Waiver>

**FULL DAY SPECIALIZED ACTIVITIES (9:00-3:00)**

**See registration contracts for exact days, times, and any associated fees.**

**MI=Minis, RK=Rookies, JR=Juniors, SR=Seniors, MJ=Majors****Camping – JR, SR and MJ**

Come and have a blast camping with us! This adventure will take campers away from home for a few days and give them a chance to create memories of a lifetime. We will be sleeping in tents and cooking on the grill while enjoying some swimming, fishing and various other activities.

**Field Trips-ALL CAMPS**

An old Camp Shaker Favorite, trips to “Grammie’s camp” are back this summer. These days will be dedicated to getting off campus and spending a relaxing, fun in the sun day on Lake Winnisquam in Belmont NH. While at Grammie’s camp, campers will swim, kayak and play games in the field. Be sure to pack snacks, plenty to drink, a lunch, bathing suit, and sunscreen. *NOTE: Campers participating in a specialty camp during the week of the designated field trip day will not be able to go to Grammie’s camp. Campers will only be allowed to sign up for one field trip day at a time but can be placed on a waiting list for a second trip if space is available.*

**Fishing Week-SR and MJ**

All you need is a love of fishing for this week! We will be headed to a variety of fishing hot spots including lakes, rivers and ponds in search of the “big one.” Please come equipped with a fishing rod and tackle box and we will take care of the rest. Be sure to pack sunscreen, a lunch, a water bottle, and a hat. This year, after a lot of “bugging”, we added an overnight to the week! Campers will stay at Grammie’s camp on Thursday night before heading home on Friday afternoon.

**Paddling-JR, SR and MJ**

It’s time to increase those navigational skills with a week of gliding on some of the most beautiful water in New Hampshire! Campers will enjoy this flat water adventure along portions of the Merrimack River and Lake Winnisquam while experiencing some of NH’s wilderness such as Blue Herons, trout, and turtles. Campers will learn basic paddling technique and water safety and will use these skills to maneuver their sit-on-top kayaks. Beginners to more seasoned paddlers are welcome. Please pack sunscreen, water-shoes, a lunch, a water bottle, and a hat.

**Sailing-SR and MJ**

Sail away with us! We have a small fleet of boats to teach campers how to sail on Lake Winnisquam. They will sail a variety of boats from a skiff built by Shaker Road students to a sunfish and a Laser. All of this and a ton of fun swimming and playing in the lake. This year, after a lot of “bugging”, we added an overnight to the week! Campers will stay at Grammie’s camp on Thursday night before heading home on Friday afternoon.

## **HALF DAY SPECIALIZED ACTIVITIES (9:00-11:00)**

**See registration contracts for exact days, times, and any associated fees.**

**MI=Minis, RK=Rookies, JR=Juniors, SR=Seniors, MJ=Major**

### **Act It Out-MI**

Act It Out! Students act out a classic story using props, scenery, and costumes that are made in camp. Music is used as an enhancement. The story is then "performed" several times so children have the opportunity to try a variety of roles. Stories are taken from many favorites, including stories such as Stone Soup, classic fairy tales and Aesop's Fables. One story will be featured each day with a possibility of sharing our talents with the rest of camp on Friday. All performances are "a work in progress", not intended to be a final product.

### **Archery-JR and SR**

Ready, aim, fire! Test your marksmanship in Camp Shaker's archery range. Campers will learn the fundamentals of the sport of archery and work to perfect their shots.

### **Build it!-MI and RK**

Make it tall, make it wide, make it strong! Campers will build with a variety of materials such as Kinex, blocks, Legos and recycled materials. The challenge is working together and the contest is to see who will build it better.

### **Ceramics-MI, RK, JR and SR**

Campers will be introduced to the art of ceramics in this week-long course. Mini and Rookie campers will learn different hand building techniques such as coil, slab, and pinch. Juniors and Seniors will have the opportunity to work on the potter's wheel as well as develop skills in trimming, handles, covers and embellishments.

### **Cheerleading- MI, RK**

Let's get fired up! Campers will have a great time making friends and having fun during this week of cheer camp! Campers will learn new chants, cheers, and stunts as they make their spirits come alive!

### **Cooking- MI, RK, JR and SR**

If you want to be the next Top Chef then join our cooks in the kitchen to cook up some fun! Campers will spend the day creating scrumptious summertime treats. At the end of the week, they will be able to take home a collection of kid friendly recipes!

### **Dance- MI, RK, JR**

The following weeks of dance will provide dancers an opportunity to strengthen their skills in a fun and relaxed environment. Small class sizes focus on the fundamentals of tap, jazz, hip-hop and other dance moves. At the end of each week, students will perform for parents and other campers in a show that is sure to wow the crowd!

### **Drama-RK and JR**

This summer, enjoy the magic of theatre in drama camp. Campers will have the opportunity to participate in a performance for the purpose of developing talent, self-confidence, creativity, imagination, and teamwork. Campers will also be working on the set design and costumes for the performance.

### **Flag Football-RK, JR and SR**

Are you ready for some footbaaaaaal? Campers will experience the benefits of team work as well as have a good time playing this non-contact sport. Teams will develop genuine strategies and plays to out-manuever the opposition. Scrimmages and games will be played throughout the week culminating in a tournament you won't want to miss. Please pack sunscreen, a water bottle, and sneakers.

**Golf- MI, RK, JR and SR**

FORE! Come learn to play golf and have fun with a week of golfing. Campers will practice their long and short game skills here at the Shaker Road Links. If you have clubs you can bring them otherwise we have some you can borrow. Seniors and Juniors will travel to a driving range and the Minis and Rookies will go mini golfing.

**Science-RK and JR**

Explosions, goop and goo galore. In science camp, campers will explore scientific principles in the most exciting way. The experiments are certain to get their hands dirty and minds racing.

**Sculpture- MI, and RK**

This week is all about imagination and creativity. Campers will see what sculptures they can create using a variety of art mediums. Materials used for the sculptures will range from papier mache to recycled objects, to environmental materials. The possibilities are endless when campers use their imaginations!

**Sewing- MI, RK, JR and SR**

This week will be more than learning to sew on a button! Mini and Rookie campers will be introduced to the sewing machine while working to develop their hand sewing techniques. Juniors and Seniors will use the sewing machine as well as continue to practice their hand sewing techniques to create a masterpiece. All materials will be provided by Camp Shaker, but participants are also welcome to bring any materials they may have.

**Soccer-MI, RK, JR and SR**

Campers will learn and reinforce crucial soccer skills and strategy in a nurturing and supportive environment. Experienced soccer players, coaches, and educators will lead players through a series of fun skill-building activities designed to improve overall play. Players will also learn important fitness facts to help them stay healthy and fit. Using a combination of drills, skill games, and scrimmages, campers will improve their play for the fall season. All soccer campers must bring two water bottles, sunscreen, shin guards, soccer socks, sneakers or cleats, and a soccer ball (size 4 Mini, Rookie and Junior; size 5 Senior).

**Woodworking-JR and SR**

Campers are introduced to the basics in woodworking through wood turning. With an emphasis on safety, campers are instructed to plan, measure, cut, turn and finish their projects. They will also learn about different tools and methods to accomplish the general tasks in a wood shop as well as wood types and how their choices can impact the environment. Projects typically include key chains, tops, mini baseball bats, and artistic turnings.

**Digital Photo-SR**

Say Cheese! Campers will enjoy learning more about photography during this week. They will be introduced to three aspects of photography, including camera basics, composition, and exposure. By the end of the week, campers will have a different perspective on picture taking. Campers will need to bring a digital camera.