

AFTER CAMP PROGRAMS

Camp doesn't have to end at 3:00PM!

ESF's After Camp Programs take place between the hours of 3:30 PM and 5:30 PM from July 12 to August 12, 2010. These programs are offered in addition to ESF's Extended Day and Enrichment options (see page 20 for Extended Day and Enrichment options).

You may sign up for multiple programs; however, please choose only one program per week. Note: Programs vary by age.

AFTER CAMP PROGRAMS AND CLINICS

ULTIMATE FRISBEE (For boys and girls, ages 6 – 16)

JULY 12 - JULY 15

Ultimate Frisbee combines the non-stop movement and athletic endurance of soccer with the aerial passing skills of football. This clinic introduces campers to this exciting sport and focuses on throwing and catching as well as offensive and defensive skills.

FENCING CLINIC (For boys and girls, ages 7 – 16)

JULY 12 - JULY 15

This clinic, lead by an ESF Fencing instructor, teaches campers the history, skills, strategies and safety techniques of this medieval sport. Instruction stresses fundamental positions, footwork and defense. All skill levels welcome.

BASKETBALL CLINIC (For boys and girls, ages 6 – 16)

JULY 19 - JULY 22

Campers develop and refine their basketball skills. Focus is placed on shooting, passing, dribbling, defense, rebounding, team play and more. All skill levels are welcome.

DRAMA WORKSHOP (For boys and girls, ages 6 – 16)

JULY 19 - JULY 22

Campers participate in theatrical activities including skits, improv, karaoke and charades. Whether a seasoned actor or one who is new to the stage, campers are inspired through exercises in characterization, performance skills, dramatic structure and more.

SOCCER CLINIC (For boys and girls, ages 6 – 16)

JULY 26 - JULY 29

The goal of this clinic is to improve campers' overall understanding of the game. Emphasis is on ball work, dribbling, passing and shooting as well as technical and tactical skills. All skills levels are welcome.

BASEBALL CLINIC (For boys and girls, ages 6 – 16)

JULY 26 - JULY 29

Campers participate in daily sessions of position work and game play while receiving individual instruction by position and coaching in all aspects of the game. All skills levels are welcome.

ARCHERY CLINIC (For boys and girls, ages 7 – 16)

AUGUST 2 - AUGUST 5

Campers fine-tune their archery skills under the supervision of our ESF Archery Instructor. No previous experience needed.

ART WORKSHOP (For boys and girls, ages 6 – 16)

AUGUST 2 - AUGUST 5

Campers explore a wide range of craft techniques and artistic media. This workshop includes craft and classic art projects as well as an introduction to various genres.

ROCK WALL CLIMBING (For boys and girls, ages 8 – 16)

AUGUST 9 - AUGUST 12

Novice and experienced climbers conquer new heights. Under the watchful eye of an experienced instructor, campers learn various climbing skills and belay techniques as they scale the forty-foot Rock Wall!

