



# MAJORS 2022



# Island Lake



## Theater

### 2022 Theater Productions

Willy Wonka - 1st Session, Lower Camp  
Chicago - 1st Session, Upper Camp  
Legally Blonde - 2nd Session, Full Camp

Beginners as well as experienced actors are encouraged to perform in one of our stage musicals. Any camper who wishes to participate will always receive a role so everyone can experience the thrill of the stage.

### Technical Theater & Costuming

You will take a hands-on approach to learning all there is to know about lighting, sound, set building, and painting, as well as costume design in preparation for helping out backstage during our productions!

### Hard-Core Theater Tech

For those of you who eat, sleep, and breathe theater tech, get ready to step up to the next level because this advanced version of theater tech is for you!

### Acting Workshop

Work with our staff on your acting skills in a fun-filled environment that will include improv, theater games, and voice lessons along with other fun activities to help you enhance your acting abilities.

## Arts & Crafts

### Ceramics

You'll be working with clay by hand and on our pottery wheel to make a variety of pottery projects that go beyond the standard bowls and vases. You'll create your design from start to finish from a ball of clay to a fired & glazed final project.



### Tie Dye

Learn all the best tie dye techniques to give your clothes, pillowcases, and whatever else you can think of a new look. Way beyond a simple swirl, our staff will show you how to create loads of designs that you'll love.

### Jewelry

Earrings, necklaces, bracelets, rings, you name it.... If there's any type of jewelry you want to create, you can do it at Island Lake. We'll have a wide variety of supplies on hand for you to create whatever you can imagine.

## Stained Glass & Glass Fusion

Creating a work of stained glass may seem difficult, but our staff will show you step by step everything from selecting a pattern to wrapping and soldering the glass. You'll create a beautiful project such as a picture frame or window hanging that you'll be excited to show off.

Glass fusion goes beyond stained glass allowing you to create beautiful bowls, plates, and other projects by fusing glass together in one of our kilns. If you are looking to create something truly unique, then glass fusion may be just the thing for you!

## Woodworking

Clocks, birdhouses, and small keepsake boxes are just some of the projects you'll be able to create in our woodworking department. Under the watchful eye of our staff, you'll work in our fully equipped woodshop to create your project. Featuring both hand tools and power tools, our staff will show you the safe and proper use of everything our woodshop has to offer and assist you through to the completion of your project.

## Drawing & Painting

Even if you've never picked up a paintbrush you can paint with us at Island Lake. Our drawing and painting program includes everything from pencil sketches to landscape painting using charcoals, pastels, oil paints, acrylics, and much more.

## Heat Press & Screen Printing

If you ever wanted to print anything on a T-shirt, pillowcase, canvas bag, or any other type of fabric, you can do it with heat press or screen printing.

Combining a Cricut machine and heat press allows you to create just about any design you can imagine and permanently fuse it to your clothes or other fabrics.

Screen printing is a more traditional way to embellish fabrics which involves cutting a pattern and then using inks to print the pattern onto your clothing.



## General Crafts

Do you like being creative and making different & fun DIY projects? Then why not sign up for general crafts? This will feature a variety of fun craft projects that will rotate over the course of the session. It will include things like paint pouring, origami, scrapbooking, and lots of other projects to keep you crafting throughout the session.

# Creative Arts

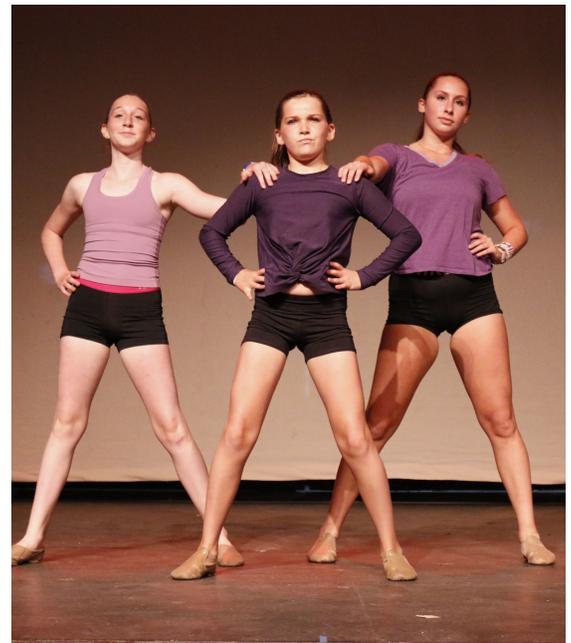
## Magic

Our talented staff of magicians will reveal the secrets behind their tricks as they teach you how to perform for an audience. From coin & card magic to stage magic & illusion, you will have the opportunity to perform your favorite tricks for our camp community in our magic show at the end of the session.



## Cooking

Our cooking classes will teach you how to make a variety of delicious dishes that you'll be able to cook for your family all year long. From simple things like frying an egg to more complicated tasks like rolling sushi, every day you will look forward to a new recipe when you arrive at our specially designed kid-friendly kitchen. You'll also be baking up delicious treats like cakes and cookies and making pizza in our outdoor pizza oven.



## Dance

Come join us in our two professional dance studios where you can learn new dance styles or improve your skills and technique in hip hop, contemporary, jazz, ballet, or tap. You will spend the session working with our staff on a choreographed routine which you will perform at the end of the session.

## Rock Shop

At Island Lake you can be a rock star! Participate in a rock band or receive lessons on guitar, keyboard, drums, piano, and many other instruments.

Our rock bands are for all ability levels, whether you are brand new to music or you've been singing and playing an instrument for years. You will have an opportunity to choose a song and practice as a group so you can perform for all of your friends at the end of the session.

# Media

## Newspaper

Keep the entire camp community up to date on all the latest events with our Island Lake newspaper. Along with other campers you will design, write, edit, and take pictures for each session's issue.



## Website Design

Have you ever wanted to create your own website? Our staff will show you how to design your own webpage from start to finish. Even beginners can learn how to create a site starting with drafting a design all the way through coding the html. Whether you want to create a sports site, cooking blog, post movie reviews, or anything else you can think of, you'll be able to do it after taking our web design major.

## Video

You will have the opportunity to learn how to use our video cameras and edit digitally in our video computer lab. We offer classes of all levels so you and your friends can create the video of your choice, whether it's a documentary, music video, short film, or any other creative idea you can come up with. You'll write, direct, film, and edit your movie and then when you complete your project, our staff will make a DVD for you to bring home and share with your family.

## Digital Photography

First you'll spend time learning how to use our cameras to take beautiful pictures all around camp. Then it's off to our computer lab for editing and touchups. Finally you'll get prints of your finished work to take home and share with your family.





## Circus

### Flying Trapeze

Picture yourself flying high on a trapeze. Our skilled circus coaches will take you step by step through all the techniques involved in flying on one of our two flying trapeze rigs. Don't be scared! Even if you are a beginner, our staff members will work with you one-on-one until you are ready to fly! At the end of the session you'll have the opportunity to show off your brand new skills in our amazing circus show.

### Static Trapeze & Triple Trapeze

Unlike the flying trapeze, our static trapeze mostly stays still while you are performing your routine. There are a variety of tricks that you can perform on this type of trapeze beyond simply sitting or standing on the bar. Our instructors will have plenty to teach you regardless of your ability level.

Triple trapeze is very much like a static trapeze except that it has three bars hanging next to each other so multiple campers can be involved in the routine.

### Lyra

A lyra is similar to a trapeze but is in the shape of a large metal hoop. You can sit, swing, and do other tricks on a lyra just as you would on a trapeze and they can be performed solo or with other campers.

### Spanish Web

The Spanish Web looks like a long rope hanging from the ceiling of our circus building, but in reality it is a specialized piece of equipment that allows you to climb, spin, and perform a number of other tricks in our end of session circus show.



## Silks

Our special circus silks allow you to perform all sorts of acrobatics. Our highly skilled staff will teach you to climb and then wrap yourself in the silks while you tumble your body in and out of different poses.

## Hammocks

Hammocks are somewhat similar to silks but hang in a U shape which allows for more horizontal tricks and poses. This is a very unique activity that you will want to take advantage of!



## Unicycle

If you've ever wanted to learn how to ride a unicycle, now is your chance! Our staff will literally hold your hand during your first few lessons so there is no need to be afraid. After you master riding the unicycle, our staff has lots of special tricks they will teach you.

## Mini-Trampoline

Our mini trampolines allow you to run, jump, and tumble under the watchful eye of our circus staff. You'll get to perform all sorts of tricks like jumping over obstacles and even jumping over your friends!

## Juggling & Diabolo

If flying high isn't your thing and you rather remain on the ground, then our juggling program may be just the thing for you! Our instructors will teach you how to juggle anything from beanbags and balls to circus clubs and rings. Diabolo is another type of juggling that involves rolling and tossing a rubber spool on a rope. By the end of the session you'll be throwing and tossing the diabolo like a pro.

## Extreme Sports Mountain Biking

Whether you're an experienced mountain biker or you've never been off-road before, we have acres of trails at Island Lake that will be just right for you. Better yet, challenge yourself to our pump track as your skills improve.





## Skateboarding & Rollerblading

Our ENORMOUS skatepark is filled with lots of half-pipes, ramps, and rails designed for skaters of all levels. Don't worry, there are also plenty of areas for beginners who are just getting their footing. Once you have all of your protective gear on, our instructors will have you skating in no time!

Rollerbladers are also welcome in our skatepark. Just grab a pair of our aggressive in-line skates, or bring your own, and join us in the skatepark!

## Mountain Boarding

A little bit like a summer version of snow boarding, mountain boarding is like a large skateboard with big off-road tires that you will ride down one of our many hills at camp. Each mountain board has a break that you hold in your hand so you are always in control of your board as you become more comfortable.

# Outdoor Adventure

## Ropes Course

If you are up for some adventure, you've come to the right place! We have climbing walls, high & low ropes courses, and our famous 50 foot giant swing! We'll keep you perfectly safe as we hoist you high in the air for the greatest ride you've ever taken!

Experience our brand new 600ft & 700ft zip lines!

New for 2022



## Fortifying the Frontier

Have you ever wanted to build a trail or even a shelter in the woods? In Fortifying the Frontier you'll work with our staff to create some new trails and continue the work of past campers building a secret hideaway in the woods.

## Fishing

Our outdoor adventure staff will have you reeling in your first fish in no time. You'll learn the basics of setting up your fishing rod and casting it into Island Lake. Our instructors will show you the proper baiting and casting techniques and, of course, how to reel in that fish!

## Outward Bound & Eco-ID

Learn to follow a map, read a compass, pitch a tent, build a fire and cook your dinner over it! All of this, and more, is available to you in our Outward Bound program. You'll learn life-long survival skills that will stay with you long after you've left camp.

In our Eco-ID program you will learn about all of the nature that surrounds you at Island Lake. From the plants and trees to the various types of wildlife, you'll become an expert on our camp's ecology. So grab a pair of binoculars and get ready to do some hiking and exploring!

## STEM Science Explo

New for 2022

Fun Science, 3-D Printing & Rocketry - Science Explo takes science experiments to the next level in the Island Lake Science Lab. You will have the opportunity to work on a variety of STEM projects including working with magnets, circuits and chemistry equipment. The lab also explores cool areas of biology and physics as well as aerodynamics and rocketry. And new this year, Island Lake will be offering 3-D printing, a creative technology that is quickly becoming an integral part of several industries. It taps into problem-solving and critical thinking, all essential concepts when teaching kids to code.

## Robotics

Robotics is the intersection of science, engineering and technology that produces machines, called robots, which aim to replicate human actions and we have it all here at Island Lake. The ILC robotics program centers around the FIRST LEGO League which is all about exciting, hands-on learning through real-world challenges. Participants gain problem-solving experiences through a guided, global robotics program, tapping into critical thinking, coding, and design skills.

## Team Sports

### Baseball/Softball

Whether you are in our batting cage or out on the field, our instructors will work with you on improving your hitting, running, catching and overall technique to help your game excel. If you wish to, you can participate in intercamp games and tournaments.



### Basketball

At Island Lake we have both indoor and outdoor basketball courts as well as additional space for practice. You will work with our coaches using drills and scrimmages to improve your skills. Intercamp games and tournaments will take place throughout the summer.

### Cheerleading

Our cheerleading instructors are excited to work with you whether you are brand new to the sport or are already on your school's cheer team. Get ready for some fun because you'll be jumping and tumbling all summer long in our cheerleading program.



## Lacrosse

Even if you've never picked up a lacrosse stick before, you'll love playing on our dedicated field. Our coaches are there to teach you the basics of the game and help develop your skills.

## Volleyball

You will learn the art of serving, setting, and hitting on both our hard court and our 2 beach volleyball courts. If you are the competitive type there will be games and tournaments that run throughout the summer and, of course, newcomb for our younger campers.

## Hockey

Whether you play floor or roller hockey, you'll love playing in our covered hockey pavilion. Whether it's working on your skating or the fundamentals of the game, our coaches will work with you no matter your skill level.

## Flag Football

Learn the fundamentals of football with this non-contact version. All of the classic football skills will be taught such as throwing, catching, and running routes, but will be done in a way that emphasizes safety and teamwork.

## Soccer

Our soccer field is widely considered one of the most scenic places on camp. Work with our coaches to learn and improve on your skills while you overlook the beautiful Pocono mountains. Our instructors will use drills and exercises designed for players of all skill levels. Shooting, dribbling, passing, corner kicks, and trapping are just some of the skills we will cover.



## Individual Sports Fitness/Running

Stay in shape all summer long with our program of running, exercise, and light weight training all while enjoying the great outdoors and the scenic views.

## Tennis

We have a fantastic tennis program with 13 tennis courts. You will receive instruction from our staff of collegiate tennis players either individually or in small groups. If you are the competitive type, we will have intercamp games as well as our own tournaments running throughout the summer.

## Gymnastics

Our dedicated gymnastics building features balance beams, bars, vaults, rings, and plenty of room to practice your floor routines. Our coaches will work with you throughout the session to improve on your skills and teach you plenty of new ones!



## Archery

Our side-by-side archery ranges allow us to teach multiple campers while making sure that everyone is safe at all times. Our instructors are there to show you step by step the entire process from loading the bow to hitting the bullseye.

## Golf

Whether you want to hit balls on our full-size driving range, play our 4 on-site holes, practice on our putting green, or take trip to the local golf course, our golf program is for you. Our staff will work with you throughout the session to learn the proper techniques and fundamentals of the game.



## Fencing

If you've never tried fencing before, it's a fun way to build your balance and coordination while you learn all of the intricacies of the sport. Our program is suited for fencers of all levels and will teach you both the techniques and strategy of the sport while keeping everyone safe.

## Disc Golf

Our 18 hole disc golf course will take you all over Island Lake in this fun and challenging game. Disc golf is a great challenge and a lot of fun to play. Our large course was designed to be well suited for beginners while at the same time being difficult to master.

## Yoga/Aerobics

Our trained instructors will guide you in yoga, step workouts, and Zumba in a way that's fun and easy for campers of all ability levels. You will work on your strength and conditioning using moves that are clearly communicated and easy to perform.

## Horseback Riding

Giddy-up! We offer both English and Western styles of horseback riding at Island Lake along with classes in horsemanship. Our large indoor and outdoor arenas give us plenty of room to instruct campers of all ability levels in a fun and safe environment. Get ready to explore our extensive system of trails that are suited to riders of all levels. Along with their riding lessons, all of our campers will learn proper horse care and stable maintenance. As you build on your skills you will receive instruction in dressage, jumping, and other more advanced techniques.



## Lake Front Sailing

The wide open waters of Island Lake are the perfect place to learn how to sail. Whether you are a first time boater or an experienced sailer, our instructors will teach you everything you need to know to safely set sail.



## Canoeing/Kayaking

Canoeing and Kayaking are two more ways you can explore the vast waters of Island Lake. Our instructors will be right by your side as you learn how to navigate the waters.

## Stand-Up Paddleboarding

Stand-up paddleboarding is one of the fastest growing water sports in the world. You will grab a paddle and learn to stand on a board similar to a large surfboard and use a paddle to move through the water. It's the perfect way to enjoy the lake while also getting a great workout.



# Pool Activities

## Instructional Swim

Our Red Cross certified life guards will instruct swimmers of all levels in our large heated pool. Whether it's your first lesson or you've been swimming for years, there's always room to become a stronger swimmer and our staff will help you do it!

## Swim Team

If you wish to become a more competitive swimmer, we offer a major just for you! Our instructors will work with you on advanced technique to challenge yourself and prepare you for intercamp swim meets.

## Beach Activities

Come join us for some relaxation on the beach or take a dip in the lake. Our beach has lots of fun activities and plenty of room to relax. Our lake features a trampoline and inflatables to play on while you enjoy your time in the water.

## Waterskiing

Separate from our main lake, we have a dedicated ski lake where you can enjoy waterskiing, wakeboarding, and kneeboarding regardless of your skill level.



## Recreational Swim

Even if you don't want a swim lesson, there's still plenty of ways to enjoy our fully heated pool. You can play water basketball, head down the water slide, or just splash around with your friends as you enjoy some time in the water under the supervision of our Red Cross lifeguards.