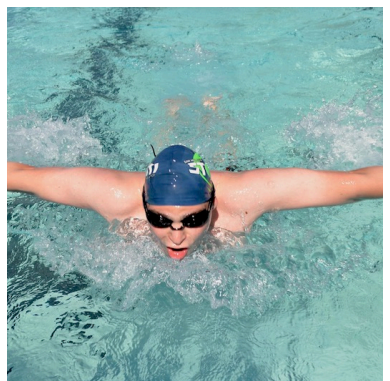




2019

Activity Handbook



We put together this handbook in order to help you understand how to get involved in the activities that interest you. The first day of activities each session is a “4-minor day.” You can try a few different activities to see what you’d like to take for your majors. On our 4-minor day you can take your deep water test, audition for a show, and get tested for your level in tennis, dance, music, horseback riding, etc. At the end of this first day, you will sign up for your majors with your group leader. All department heads will be at the office during this time in case you have a conflict in an activity period. If you do, your group leader will get in touch with the department heads immediately to resolve any activity issue. Our goal is to make sure that you get into each and every activity that you want.

At Island Lake, there is no such thing as getting closed out of an activity. You will have the opportunity to experience each and every activity that we offer at camp. If you are unsure of how to sign up for a specific activity, speak with your group leader, a head counselor, or come see our program director or camp director at the office so we can make sure your schedule is set up exactly as you’d like it to be. The most important thing is for you to speak to an adult if you are having any difficulties arranging your schedule. We can fix any conflicts in your schedule as long as we are aware of them. If you are not happy with one or all of your majors, you will not be locked into it for the remainder of the session. You can go to the office and change your majors if you wish. It’s a good idea to finalize your majors within the first few days of the session.

Every morning at breakfast the daily list of minors, a bunk list, and the Morning News will be waiting at your table. The Morning News will list the names of all campers who should sign up for music lessons, water skiing, extra theater rehearsals, team practices, and any out of camp trips that will take place that day. It’s a good idea to look over the morning news each day to make sure you don’t miss your turn for any of these things. In order to be listed for music lessons and waterskiing, you must sign up with the department head at the start of the session. Several announcements will be made during meal times as a reminder. Once you get to your breakfast table and look over the choices, you will then sign up for your three minors for that specific day. If it’s a beautiful sunny day, you will probably want to choose outdoor activities and if it’s rainy, you’ll want to choose indoor activities. We will hang these minor sheets up on a bulletin board right outside of our office so you can look yours over in case you forget what you signed up for that day. Please keep in mind that you cannot switch your minors once you choose them for the day. If you love an activity you try, you can continue taking it as a minor the following day. If you take an activity and find that it isn’t one of your favorites, then you no longer have to sign up for it. The minors give you an opportunity to try out each and every activity Island Lake has to offer. Take advantage of this and you will develop new interests and gain a great deal of experience in a wide variety of activities.

Sports

At ILC, we have first-class athletic facilities where our sports nuts can run wild! We participate in over 70 athletic tournaments against other camps in our area throughout the camp season. Each team sport is offered during the majors and minors according to every child's grade. If you choose to sign up for a team sport as a major, you will receive daily instruction in that particular sport. The minors are for team practices, additional instruction, and recreational play. We post tournament team practices for the minors in the Morning News at your breakfast table each day and make announcements at the end of meals.

Individualized sports are generally offered according to your level, whether it is for a major or a minor. You can sign up for the individualized sport you are interested in on the 4-minor day to get tested for your skill level. If you do not have time that day, you can estimate your own level for the majors as well as the minors. If the instructor feels you belong in a different group, he or she will let you know so you can arrange your schedule accordingly.



Circus



Circus activities are available for all skill levels throughout the day. We perform an amazing circus show at the end of each session. If you'd like to participate, our circus staff will let you know when to sign up for the specific act that you'd like to be a part of. Just sign up for the circus activities of your choice on 4-minor day and they'll explain the major & minor schedules for the session. Every camper will have an opportunity to perform in our circus show if you would like to do so. You can also experience many of our different circus activities during the minors just for fun.

Tennis

We have a fantastic tennis program with 13 tennis courts. If you'd like to receive tennis instruction every day as a major, then you must sign up for tennis on our 4-minor day to get tested for your skill level. Our staff will then place you in a group with a few other children of a similar level in the major period of your choice. Please keep in mind that majors are always instructional. If you'd like to hit tennis balls with a friend, have our staff set you up with another camper for fun, or receive an additional lesson with a tennis coach, then sign up for tennis for any of the minors. We participate in all of the Wayne County tennis tournaments throughout the summer for all age groups, both boys and girls, in singles and doubles. We organize a tennis ladder so you can compete with other campers to see who will have the opportunity to "ace" other camps in our out-of-camp tournaments. We also organize tournaments amongst each other for friendly competition within our camp.



Gymnastics



We have our very own gymnastics building where we offer a wide variety of activities including floor exercises, parallel bars, pommel horse, rings, and vault to name a few. Gymnastics is always instructional, whether you take it for a major or a minor, regardless of your skill level. You will have the opportunity to experience all of the specific activities you're interested in pursuing. You simply sign up for your ability level as it appears on your major and minor sheets. We recommend that you sign up for gymnastics on our 4-minor day to find out what level you are and for more details regarding which periods your favorite activities will be offered.

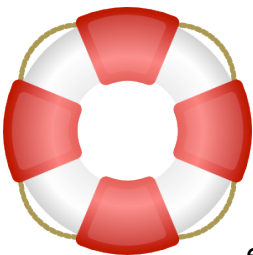
Theater

If your dream is to perform on Broadway or you just want to give singing, acting, and dancing a try for the very first time, then the Island Lake theater program is just for you. We put on two musicals, one for the younger campers and one for the older campers, at the end of each session. Every camper who chooses to participate in a musical can do so, as long as you audition on our 4-minor day. Parts are given out based on how well you audition and everyone who auditions is placed in the shows, whether you receive a leading role or are a member of the chorus. You can participate in theater classes such as improvisation. You can also choose to take theater tech classes to learn how to build sets, paint backdrops, make costumes, or work the lighting and sound systems during the majors or minors. **Again, you must sign up to audition the morning of our 4-minor day in order to be placed in a musical.**



Waterfront

At ILC we have two lakes and one swimming pool. You must take your deep water test on the 4-minor day in order to waterski, take out a boat, or go in the deep end of the lake to use our water trampoline or aqua-glide. If you do not have time to take your deep water test on 4-minor day, then our waterfront staff will allow you to do so for the next few days during a minor.



Deep water tests are always done in our fresh, clean lake. If you sign up for one of our waterfront activities as a major, whether it's swimming or boating, then it will always be instructional. If you prefer free swim or would like to take a boat out with your friends for recreation, then you can choose any of those activities as a minor. Additionally, if you take canoeing or kayaking as a major, you will have an opportunity to take these boats on trips down the Delaware River. We also participate in Wayne County swim meets each summer if you enjoy a little friendly competition.

Waterskiing is always instructional whether it is a major or a minor. You will have an opportunity to ski every day if you sign up for a major or a couple of times per week if you sign up for a minor. The

choice is up to you. Because we have to schedule a limited number of kids to waterski each period, we ask that you sign up for waterskiing with our staff at the beginning of the session so we can place you into a group. We will make several announcements in the dining room so you know where and when to sign up for waterskiing. If you miss this, you can always come to the office and speak with our program director so we can fit you into one of the waterskiing periods.



Music

At Island Lake you can be a rock star! Participate in a rock band or receive lessons on guitar, keyboard, drums, or piano regardless of your level. Our rock bands are of all different levels, whether you are a beginner or you've been singing and playing an instrument for years. You will have an opportunity to choose a song as a group and practice it so you can perform for all of your friends at the end of the session. Just be sure to head down to our rock shops on 4-minor day and sign up to be in a band or to receive lessons. We can usually schedule you for one or two lessons per week but you must sign up at the beginning of the session to do so. If you miss doing so on 4-minor day, just speak with the department head or our program director and they will add you to the schedule. Daily music lesson minors will be listed on the Morning News at breakfast each day so be sure to look for your name if you sign up.

Dance

We offer all different types of dance classes in all skill levels and put on a dance performance at the end of each session. Whether you're a beginner, intermediate, or advanced dancer, just head to our dance studios on 4-minor day in order to be tested for your level. Keep in mind that your skill level at camp may be a bit different than your level at home and we do our best to place you with other campers of similar experience. We offer dance classes for boys as well as girls, so boys, don't be afraid to sign up and join in on the fun! We offer jazz, ballet, tap, modern, hip hop, swing, and a few other styles of dance, all for your enjoyment.



Arts & Crafts

We offer dozens of activities for you to choose from in our ILC Arts & Crafts program, whether you would like to concentrate on a specific activity as a major or simply want to try all different crafts as minors every day. You and your bunkmates can make friendship bracelets one day or take your time to build a wooden clock (get it? "take your time," ha!) on other days. During the course of the session, our talented staff members will guide you through all of your art projects.



Video



Three,...Two,...One,...Action! Island Lake offers an excellent video program giving you the opportunity to learn how to use our video cameras and edit digitally on our Mac computers. We offer classes of all levels so you and your friends can create a video of your choice, whether it's a documentary, music video, short film, or any other creative idea you can come up with. Once you complete your project, our staff will make a DVD for you to bring home and share with your family. If you'd like to participate in our video program, either check it out on 4-minor day or just sign up for it as a major or minor. The choice is yours!

Magic

Abacadabra! Step right up to our magic building on 4-minor day to learn about all of our different magic classes offered by our talented magical staff. They will reveal the secrets behind many tricks as they teach you how to perform for an audience. From coin magic to card magic to stage magic to illusion, just sign up for the specific activity of your choice for either a major or a minor in order to learn all the secrets hidden behind closed doors. If you take magic as a major, you will have the opportunity to perform your favorite tricks for your friends and counselors in our magical performance at the end of the session.



Skatepark

Dude, Island Lake's state of the art skatepark is so RAD! All you need is a skateboard or a pair of aggressive in-line skates, as well as your protective gear, and you'll be ready to roll (or you can use ours). If you've never skated before, don't fret. Our experienced staff will assist you starting with the basics. Once you feel comfortable on your feet, they will help you progress on our skate park half-pipes, ramps, and rails. If you're an experienced skater then you will have the time of your life with our staff there to help you improve, whether it's riding the halfpipes or working on your tricks. Instruction is available at the skatepark during all majors and minors. The skatepark is open to all levels, beginners to advanced, so just sign up for the period(s) that suit you best. Hey all you beginners, don't be shy! Our gnarly skatepark staff will get you on your feet in no time at all!



Mountain Biking

Whether you're an experienced mountain biker or you're working on removing those training wheels from your bike at home, challenge yourself by mountain biking at ILC. If you sign up for mountain biking on our 4-minor day, you can get tested for your specific level of riding. If you don't have time to get tested that day and you'd like to sign up for mountain biking as a major, then choose the level you feel is appropriate for your skills and our staff will help you adjust your schedule accordingly. If you prefer an occasional trail ride, then sign up for mountain biking as a minor. We have a pump track for jumps and tricks and we will also teach you bicycle maintenance and care.



Pioneering



Take a hike! Learn to orienteer, 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 pioneering program. You can sign up for these activities as well as our climbing walls, high & low ropes course, and giant swing. Most activities in pioneering are offered during the majors and the minors, but a few such as the giant swing will be offered only during the minor periods. Check out the program on our 4-minor day and then look for the activities of interest to you on your major and minor sheets in order to experience it all.

Horseback

Giddy-up! We offer English and Western styles of horseback riding at Island Lake. Our horseback program works a bit differently in that **you must sign up for horseback riding on 4-Minor day** if you plan to ride at any point during the session. We must set up a schedule ahead of time to be sure that every child has the opportunity to ride. On 4-minor day you will be tested to determine your skill level and when you sign up for your majors, our horseback riding director will tell you which activity period you should sign up for. In horseback riding the minors are treated as majors. Horseback riding is always instructional and your level may be offered during a minor every day instead of a major. The director will place you with campers on a similar skill level, either in a major or in a minor, that you can sign up for daily so that it becomes just like another major.



If you decide one day that you would like to try horseback riding, but have never been tested, please see the horseback director and she will help you find a time to ride. Just remember you cannot sign up for horseback riding on any given day without permission from our horseback riding staff.

Science



Our science program at camp is nothing like your science class at school...it's actually FUN at ILC! Every day we plan new projects for you to blow up, burn, or plain ol' experiment with. Our team of scientists will organize exciting experiments, dissections, and projects of all types, whether it be in the field of biology, astronomy, chemistry, or physics. We'll give you a hands-on approach to learning and discovery in a fun-filled atmosphere in both the majors and the minors. You may also have an opportunity to go on a trip to an observatory if you're an ILC science nut.

Cooking

Cooking is a hugely popular activity at ILC. 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. Every day you can look forward to a new recipe and who knows, you may even learn to become a better chef than your parents. So let's get cooking!

