



ISLAND LAKE CAMP

MAJOR BOOK 2025



WHAT IS A MAJOR?

Majors are the first three periods every day of camp and each period lasts one hour. You do the same Majors every day of the session.

In your Majors, you will enhance your abilities in activities you already love, create in-depth projects, perform in shows and productions, and master a skill in an activity you may never have done before but have always wanted to learn.

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1. Majors FAQ: Important questions that we often receive from new and returning families about Majors. If any of your questions are not answered in the FAQ, please send us an email at info@islandlake.com and we will get back to you.

2. Majors "Selection Sheet": This chart shows what period each major is offered this summer. It is a helpful tool to use when you are planning on what periods to take your Majors!

***Please note that the order of Majors are subject to change.**

3. Description of Majors: Unsure of what a Major is by just looking at its name? Take a look at this booklet to read descriptions of all of the Majors we offer!

You can sign up for your Majors in your Camp In Touch account online after reviewing this Major Book!

MAJORS FAQ

What if I want to do 2 activities and they are at the same time?

Due to scheduling there may be conflicts, but there are solutions to this. Please email us at info@islandlake.com and we will call you back to discuss.

How do I know what group I'm in?

Group 1: Rising Elementary (1st-5th)

Group 2: Rising Middle School (6th-8th)

Group 3: Rising High School (9th and up)

There's so much to choose from! How do I narrow it down to only three choices?

It's helpful to remember that what you choose as a Major is something that you will be doing every day of the session, so what you pick should be something that you will want to stick with for 4 or 3 weeks, depending on what session it is for.

Are Majors offered as Minors too?

Most Majors, with the exception of a few, are also offered as Minors. If an activity looks interesting to you, but you may not want to do it every day, plan to sign up for it as a Minor! If you're not sure if the activity will be offered as a Minor as well as a Major, send us an email and we are happy to let you know.

What If I change my mind about my Majors?

You are allowed to change your Majors for the first week of each session. We will make announcements at lunch and set up tables to help you with any Major changes you'd like to make.

Will I Ever Get Closed out of a Major If there Isn't Enough Space?

No, we will never close a camper out of a Major! We can always add another period of a Major to accommodate the amount of campers that want to take a particular activity.

What if I am a Full Summer Camper? Do I Sign Up for Both Sessions' Majors?

If you are at camp for the full summer, you will sign up for First Session Majors ONLY before camp. We will have a day at camp when you will sign up for your Second Session Majors before the session starts.

WATERFRONT		
Major 1	Major 2	Major 3
Sailing	Sailing	Sailing
Canoeing & Kayaking	Canoeing/Kayaking	Canoeing/Kayaking
Paddleboarding	Paddleboarding	Paddleboarding
Beach Activities	Beach Activities	Beach Activities
Swim Team	Rec Swim-Pool	Rec Swim-Pool
	Instructional Swim	Swim Team
WATERSKIING		
Major 1	Major 2	Major 3
Waterskiing*	Waterskiing*	Waterskiing*
TENNIS		
Major 1	Major 2	Major 3
Tennis	Tennis	Tennis
ATHLETICS		
Major 1	Major 2	Major 3
Baseball	Softball	Beginning Baseball
Beginning Basketball	Inter Basketball	Advanced Basketball
Inter/Adv Soccer	Beg/Inter Soccer	Beg/Inter Soccer
Volleyball	Hockey	Volleyball
Lacrosse	Flag Football	Flag Football
MOJO Fitness	Lacrosse	MOJO Fitness
	Golf	Golf
Archery	Archery	Archery
Skate Park- Adv Skateboarding/ Rollerblading	Skate Park- Beg. Skateboarding/Rollerblading	Skate Park- Inter Skateboarding/Rollerblading
GYMNASTICS		
Major 1	Major 2	Major 3
Adv Gymnastics	Inter Gymnastics	Beg Gymnastics
	Cheerleading	
OUTDOOR ADVENTURE		
Major 1	Major 2	Major 3
High Ropes Course	High Ropes Course	High Ropes Course
Fishing	Fishing	Fishing
Outdoor Adventure Crews	Survival Skills	Fortifying the Frontier
	Critter Catching	
Inter Mountain Biking/Mountain Boarding	Adv Mountain Biking/Mountain Boarding	Beg Mountain Biking/Mountain Boarding
THEATRE		
Major 1	Major 2	Major 3
Groups 1&2 Musical	Costuming	Groups 2&3 Musical
Technical Theater (Groups 2&3)	Hardcore Theatre Tech (Upper Group 2 and Group 3)	Technical Theater (Groups 1&2)
Fashion Design		
STEM/MEDIA		
Major 1	Major 2	Major 3
Videography	Videography	Newspaper
Robotics	Science Explorations	Robotics
Video Game Design	Video Game Design	Digital Photography
Digital Photography	3D Design	3D Design
DANCE		
Major 1	Major 2	Major 3
Hip Hop (12 and up)	Contemporary (12 and up)	Contemporary (12 and under)
Jazz	Hip Hop (12 and Under)	
ARTS&CRAFTS		
Major 1	Major 2	Major 3
Ceramics	Ceramics	Ceramics
Jewelry	Jewelry	Jewelry
Sculpture	Stained Glass	Glass Fusion
Woodworking	Woodworking	Woodworking
General Crafts	General Crafts	General Crafts
Heat Press/Screen Print	Mixed Media	Painting and Drawing
	Painting and Drawing	Digital Art
CIRCUS		
Major 1	Major 2	Major 3
Flying Trapeze	Flying Trapeze	Flying Trapeze
Lyra	Ground Skills	Lyra
Ground Skills	Hammocks	Web
Trapeze (Triple Double, Single)	Silks	Silks
Swinging Trapeze	Mini Volant	Hammocks
Mini Volant	Mini Trampoline	
ROCK SHOP		
Major 1	Major 2	Major 3
Rock Band	Rock Band	Rock Band
HORSEBACK		
Major 1	Major 2	Major 3
Beginning English*	Advanced English*	Beginning English*
Intermediate English*		Western*
MAGIC		
Major 1	Major 2	Major 3
Cards & Close Up	Cards & Close Up	Magic Stage Show
COOKING		
Major 1	Major 2	Major 3
Groups 2&3 Cooking	Cooking Groups 1&2	Cooking Groups 1&3

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.

SCULPTURE

During our new sculpture major, you can use your imagination to create more than just art with clay! Paper Mache, resin, and soap are all types of materials you will use to create and sculpt anything you can dream!



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!

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.



HEAT PRESS & SCREEN PRINTING

Make your own t-shirts, bags, headbands, sweatshirts, and more! You can use the Cricut machine to permanently press a design onto fabric, or use ink and a cut out pattern to create a variety of projects that you can wear with your bunk during the summer and at home all year long!

ARTS & Crafts

GENERAL CRAFTS

Do you love 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. You'll get to try paint pouring, origami, scrapbooking, and many more projects to keep you crafting all summer long.



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 AND 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.

MIXED MEDIA

Use a variety of different materials, including paper, fabric, paint, and more, to create unique art work and projects!

DIGITAL ART

Let's take art to the next level! Create drawings and projects with digital technology as an important part of your process. The end result could be animation, photographs, illustrations, and more!

**THIS SUMMER'S
SHOWS:**

Session 1

Groups 1/2: Aladdin Jr

Groups 2/3: Zombie Prom

Session 2

Groups 1/2: Monsters, Inc: The

Camp Crew

Groups 2/3: Mamma Mia!

THEATRE & DANCE

TECHNICAL THEATRE & HARD- CORE THEATRE TECH

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

For those who have experience, who eat, sleep, and breathe theatre tech, and want to take it a step further, Hardcore Theatre Tech is for you! You will step up to the next level with advanced lighting, sound, projection, and building.

HIP HOP, CONTEMPORARY, AND JAZZ 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, and jazz. You will spend the session working with our staff on a choreographed routine which you will perform at the end of the session.

Come experience the thrill of the stage! Beginners and experienced actors are encouraged to sing, dance, act, and perform in one of our stage musicals. All campers who wish to participate will receive a role.



COSTUMING & FASHION DESIGN

Learn how to sew, create patterns, and design clothing and costumes for the first and second session show with our talented costumers!

If you're looking for more freedom to design and create fashion for yourself, your friends, family, or even your pet, sign up for fashion design and bring your ideas to life!

STEM & MEDIA

DIGITAL PHOTOGRAPHY

What better way to capture all of the fun and beautiful scenery at camp than with a photography class. First, you'll spend time learning how to use our cameras to take pictures all around camp. Then, it's off to our computer lab for editing and touchups. You'll get copies of your finished work to share with your friends and family.

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 week's issue.

VIDEO GAME DESIGN

Have you ever wanted to create your own video game? Our staff will show you how to design, code, and play your own game. Using familiar programs such as Scratch, our staff will work with you to plan and execute all of the steps that it takes to be the next video game master!

SCIENCE EXPLORATION

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.

VIDEO

Lights, Camera, Action! Create the video of your choice, whether it's a documentary, music video, short film, or an original idea you come up with. Learn how to use our video cameras and edit digitally in our video computer lab. You'll write, direct, film, and edit your movie and then when you complete your project, you'll be able to bring it home and share with your family. No experience necessary!

3D PRINTING

Campers learn how to use 3D Printing software Tinkercad to design and create various 3D objects including propeller boats, Crocs Jibbits, 3D puzzles, mini models of their pets, and much more. Anything you imagine, you can create!



ROBOTICS

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.

MAGIC

MAGIC STAGE SHOW

Our talented staff of magicians will reveal the secrets behind their tricks as they teach you how to perform for an audience. Learn how to “be magical” and develop a stage presence so you can perform at the end of the session!



CARDS AND CLOSE UP

Learn tricks to wow and impress your bunk mates! From coins, cards, and much more, you'll master the art of slight of hand, how to tell a story through your trick, and all about being a great magician!

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, practice as a group, and perform for all of your friends 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 basic skills 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.



HORSEBACK



Giddy-up! At Island Lake 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.

****In order to ensure all Horseback campers have ample riding time and are grouped appropriately, campers may be scheduled to have their Horseback Major during a minor period. Their experience will be the same as a Major because they will attend every day with the same group of campers. If your child is scheduled for their Horseback major during a minor period, you will be contacted.

Circus

FLYING TRAPEZE

Picture yourself soaring 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. 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.



MINI VOLANT

Our Mini Volant was a new addition to Island Lake in 2023 and is bound to make your circus experience amazing! A smaller version of our flying trapeze, the Mini Volant allows campers who are new to Flying to experience what it is like to be up high, but not too high. Also, campers who have tried the flying trapeze and are looking to work on different skills can sign up for Mini Volant and see where it takes them!

SINGLE, DOUBLE, & TRIPLE TRAPEZE

Unlike the flying trapeze, our single 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.

Double & Triple Trapeze is very much like a static trapeze except that it has three bars hanging next to each other so you can do tricks with your friends!



GROUND SKILLS

If flying high isn't your thing and you rather remain on the ground, then our Ground Skills program may be just the thing for you! You will learn to juggle balls, clubs, and balance on our rolling globe and rolla bolla. Our Circus pros will also teach you many tricks with our diablos. By the end of the session you will be combining all of your skills, balancing and juggling like a pro!

Circus

WEB

The 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.

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!

SILKS

Learn how to do aerial acrobatics while hanging from a silk fabric! Our special circus silks allow you to do splits, hangs, and spins. 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.

SWINGING TRAPEZE

Perform your favorite trapeze tricks on our single Swinging Trapeze! Use your strength to produce a powerful swing, then using momentum, perform tricks for everyone to see and enjoy!

GYMNASTICS and CHEERLEADING

Enhance your skills, create new routines, and perfect existing ones with our Gymnastics coaches this summer! In our Gymnastics majors, campers have access to the beam, vault, floor, uneven and parallel bars, rings, and tumble track. You'll work both in groups and one on one to become a stronger, more confident gymnast in a matter of weeks!

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.



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!

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.

OUTDOOR ADVENTURE

HIGH ROPES COURSE

Ready 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!

OA CREWS

If everything in Outdoor Adventure sounds exciting to you and you want to try it all, consider signing up for OA Crews! This major combines the highlights of all of the Outdoor Adventure majors into one. Campers will gain survival skills, learn about critters, try some high ropes elements, and much more.

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. Improve your biking skills while exploring the breathtaking scenery, and take on fun challenges along the way!

CRITTER CATCHING

Learn about all of the different critters that live on camp with this exciting and adventurous major! While on hikes in the woods, you will learn to identify insects and other critters on the grounds and how they live. Catch different critters in terrariums, care for them, then release them back into the wild after studying them for a couple of days in the critter catching hangout.

FORTIFYING THE FRONTIER

In this unique to Island Lake Major, your team, led by ILC counselors and fort building experts, will design and build your own hideout in the woods complete with important details to keep it protected from the elements and your opposing team when you face off in an end of session capture the flag type battle!



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, fish!

SURVIVAL SKILLS

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 Survival Skills program. You'll learn life-long survival skills that will stay with you long after you've left camp.

ATHLETICS

When you sign up for a team sport as a major at Island Lake, you can expect a well structured hour of skills, drills, and fun! Each major starts off with a warm up, continues with drills specific to each sport, and ends with games and scrimmages with teammates at your same age and/or ability level. All campers who want to participate in intercamp games against other camps have the opportunity to sign up with our Athletics Directors throughout the summer. Let's Go ILC!

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.

SOCCKER

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.

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.

BASKETBALL

Improve your skills using drills and scrimmages with our amazing coaches! With our indoor and outdoor basketball courts, you can participate in shooting drills, dribbling competitions, agility practice, and "street ball" scrimmages to continue to improve.

LACROSSE

Pass, Shoot, Score! Both boys and girls lax players are encouraged to come out and play, from beginners through advanced.

VOLLEYBALL

You will learn the art of serving, setting, and bumping 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

Our hockey practices take place in our hockey pavilion and are either on foot or with rollerblades. You will learn fundamentals of shooting and stick handling, scrimmage against counselors, and improve your teamwork in daily scrimmages!

ATHLETICS

SKATEBOARDING & ROLLERBLADING

Our skatepark is filled with lots of half-pipes, ramps, and rails designed for skaters of all levels. 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 in-line skates, or bring your own, and join us in the skatepark!

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.

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.

MOJO FITNESS

Stay in shape all summer long with our program of running, exercise, spinning, and light weight training, all while enjoying the great outdoors and the scenic views. Our trained instructors may also guide you in yoga, and aerobic workouts, 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. If you're training for a fall sport, like to exercise, or want to stay fit, this is for you!



TENNIS

In our Tennis Majors, you will receive instruction from our staff of collegiate tennis players in small groups to enhance your skills. Beginners will learn the fundamentals of forehands and backhands, where more advanced players will be pushed to improve upon their abilities. If you are the competitive type, we will have intercamp games as well as our own tournaments running throughout the summer.

Lake and Pool

STANDUP PADDLEBOARDING

Stand-up paddleboarding is one of the fastest growing water sports in the world. Grab a paddle, hop on a board similar to a surfboard, and glide through the water as you learn the basics! It's the perfect way to enjoy the lake while also getting a great workout.

CANOEING AND 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.

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.

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.

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 inflatable play zone, perfect for an hour of water fun!

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 sailor, our instructors will teach you everything you need to know to safely set sail.



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.

***Due to the popularity of our Waterskiing program and a set amount of space on our 3 boats, some campers will be scheduled for their waterskiing major during a minor period. Campers will still have the same experience as a Major because they will attend Waterskiing every day with the same group. If your camper's Waterskiing period is during a Minor, you will be contacted.