

## A Day At Summer Camp

Summer Camp at Champion Zone is filled with fun activities and adventures!



Our day begins with free play and a breakfast snack. As campers arrive, they can grab something from the breakfast bar and play in our larger group areas, including the gym and recreation areas, which contain games, art supplies, and other group activities. This gives campers a chance to settle in, have a bite to eat, and interact with other campers.

At 8:20 am, we start our day with exercises, a brief overview of the day's activities, a review of rules and expectations, followed by a short Bible Devotion and a prayer.

Around 9 am, we split into our groups for the week. Groups are divided into 10-12 campers of the same age and developmental level, much like our after-school care programs. Throughout the morning, groups rotate through outdoor play, art activities, and free play in one of the classrooms that has been thoughtfully designed for their age group.

Each group will also participate in a special activity such as a Bible lesson with one of the church staff, or a lesson on character development at some point during the week. All activities are carefully planned to be engaging and appropriate for the age group participating in the activity at that time.

At 11:30 am, we start our lunch rotation. Menus are planned to include all food groups on the pyramid. Our older campers can also sign up to volunteer in the kitchen and serve our other campers at this time. We have found that they enjoy serving each other and learning new skills in the kitchen.

After lunch, campers enjoy some free play to get out a little energy. Daily afternoon activities include planned gym time, downtime in classrooms filled with age-appropriate activities, and reading. Another special activity that will vary throughout the week is included in our afternoons. These activities consist of a science project, open-ended creativity in our makerspace area, and even cooking lessons! Throw in a snack and our day is just about over.

Between 4:30 pm - 5 pm, we gather back together in the bigger shared spaces to end our day.