

Seniors (ages 9-13)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:15	<p>Introduction A camp-wide Zoom with Mary and Chuck about our new virtual camp experience!</p>	<p>Morning Check in <i>What are you really good at? We all have our strengths and weaknesses. Tell us about one of your strengths and give us a few examples. We all tend to enjoy skills involving our strength which might help you narrow it down.</i></p>	<p>Morning Check in <i>Each group will meet-up virtually and talk about the past few days. Tell us something new. Ask questions and share comments.</i></p>	<p>Morning Check in <i>Let's talk about music. Who is your favorite singer? What is your favorite song right now? Do you have a favorite musical?</i></p>	<p>Morning Check in <i>Do your parents or grandparents get annoyed when you are on your phone a lot, like mine do? Any comments! .</i></p>
9:15-9:45	<p>Breakout Meeting You'll each meet with your counselor and get to know your group! We'll play name games, recap our weekend, and more! Counselors will answer any questions you have.</p>	<p>The Nantucket Animal Hospital Tour <i>Anyone interested in becoming a veterinarian? Join us as we interview one of them on what they needed to study and do as well as the best and most challenging things about their job. We will also check out their adoption center where all of the animals need a new home in case your family is interested!</i></p>	<p>Quarantine Discussion <i>Tell us about what you have been doing since this quarantine started? How was virtual school for you? Let's chat about the challenging and the positive parts.</i></p>	<p>Tennis <i>Review of skills followed by a plan to practice them, even if it involves finding a surface on your garage or house to volley the ball on to improve your game.</i></p>	<p>Land Surfing We're going to watch an exclusive video from the Nantucket Surfing School. Let's learn the tips and tricks of the pros! Paddle, paddle, paddle, jump, and stand! We'll learn about world famous surfers and Endless Summer.</p>
9:45-10:00	<p>Lighthouse Learning with a Healthy Snack Let's dive into the theme this week! We'll discuss lighthouse fun facts, history, and more.</p>	<p>Healthy Snack Time and Nutrition Lesson We'll munch on a snack while learning about health and wellness (featuring fun visuals and games)!</p>	<p>Coding and Animation Let's make an animation of the ocean and work with our counselors to improve our design</p>	<p>Healthy Snack Time and Lighthouse Trivia Munch on a yummy snack while we play Kahoot! This fun quiz game requires quick thinking and lots of laughs!</p>	<p>Healthy Snack while you discuss favorite activity: What was your favorite thing you did this week inside or outside of camp</p>
10:00-10:05	Quick Morning Stretch	Quick Morning Stretch	Quick Morning Stretch	Quick Morning Stretch	Quick Morning Stretch

<p>10:05-10:30</p>	<p>Coding and Animation Experience Talk with group about experience coding, discuss week project for coding lighthouse animation and games</p>	<p>Group Animation Project Continue to learn how to code and use animation. Create your own individual animation</p>	<p>Surfing Practice with Ack Surf <i>After this the quarantine lifts so, we will be experts after practicing Gavin's tips</i></p>	<p>Heads Up Camp favorite!</p>	<p>Joke Time <i>Be prepared to share a riddle, a joke or a funny story!</i></p>
<p>10:30-11:00</p>	<p>Soccer <i>Counselors will review the rules of soccer with you. The best soccer players tend to be fast runners who learn to kick the ball quickly into the soccer net. If you have a net to practice kicking the ball correctly into, that's great but you can also use cones or objects to set up to use as your net.</i></p>	<p>Personal Fitness 101 <i>With our camp's licensed personal trainer to get us ready for sports and help us to strengthen our muscles and avoid injuries.</i></p>	<p>Basketball <i>Skills will be reviewed on how to correctly bend your knees and shoot the ball. If you have a basketball hoop, that is great for practicing. If not, if you can draw a circle with chalk on your garage or the side of your house to practice shooting the ball there, trying to have it touch the inside of the circle each time. Practice makes perfect! In time, you can back up as it is never too early to progress to 3-point shots!</i></p>	<p>Dry Land Swim Training <i>Let's learn and practice some new on land drills, workouts and skills to make you a stronger swimmer when you're swimming in the Nantucket Waters.</i></p>	<p>DANCING & MUSIC <i>HIP HOP</i> <i>MACARENA</i> <i>ELECTRIC SLIDE & lots more.</i> <i>More fun that you can even imagine!!!</i></p>
<p>11:00-12:00</p>	<p>Movement, Cooking & Lunch Time <i>Time to get outside for your favorite exercise or additional sports' practice. For lunch, you can prepare your own after choosing a video of Seamus, teaching us how to make all sorts of delicious food!</i></p>	<p>Movement, Cooking & Lunch Time <i>Time to get outside for your favorite exercise or sports' practice. For lunch, you can prepare your own after choosing a video of Seamus, teaching us how to make all sorts of delicious food!</i></p>	<p>Movement, Cooking & Lunch Time <i>Time to get outside for your favorite exercise or sports' practice. For lunch, you can prepare your own, after choosing a video of Seamus, teaching us how to make all sorts of delicious food!</i></p>	<p>Movement, Cooking & Lunch Time <i>Time to get outside for your favorite exercise or sports' practice. For lunch, you can prepare your own, after choosing a video of Seamus, teaching us how to make all sorts of delicious food!</i></p>	<p>Movement, Cooking & Lunch Time <i>Time to get outside for your favorite exercise or sports' practice. For lunch, you can prepare your own after choosing a video of Seamus, teaching us how to make all sorts of delicious food!</i></p>
<p>12:00-12:30</p>	<p>Group Game Reconnect with your group for a new game on Zoom, hangman, 20 questions, etc.</p>	<p>Group Game Reconnect with your group for a new game on Zoom, hangman, 20 questions, etc.</p>	<p>Group Game Reconnect with your group for a new game on Zoom, 20 questions, etc.</p>	<p>Group Game Reconnect with your group for a new game on Zoom, hangman, 20 questions, etc.</p>	<p>Group Game Reconnect with your group for a new game on Zoom, hangman, 20 questions, etc.</p>

<p>12:30-1:00</p>	<p>Brant Point Lighthouse Outing We will take a tour of the Brant Point Lighthouse with a US Coast Guard Officer and learn information and history about this landmark</p>	<p>Sankaty Head Lighthouse Outing Come with us to Sankaty Head! We will hear stories about its past and really interesting facts about it.</p>	<p>The Nantucket Lightship Basket Museum We'll get a virtual tour of the museum. We'll see how they make baskets and learn some fun facts!</p>	<p>The Nantucket Coast Guard Station: Tour the Coast Guard Station and learn about their history and the station they operate and some very cool equipment they depend on.</p>	<p>Great Point Lighthouse Outing Join us as we 4 wheel drive all the way to Great Point! We'll climb to the top and see the amazing view as we learn about this very cool landmark and its history</p>
<p>1:00-1:30</p>	<p>Build Your Own Lighthouse Work with your group and build your own lighthouse at home out of items found at the beach, popsicle sticks, toothpicks, small shells & stones, cardboard & glue.</p>	<p>Lighthouse Studio Draw and color a beach that you would put your lighthouse on. Where is your lighthouse located? Incorporate the weather, cliff, terrain, etc, your environment comes to life!</p>	<p>Make Your Own Lightship Basket: Make your own light ship basket like the Nantucket folks did. We will get instructions from the staff at the Lightship Basket Museum.</p>	<p>Letters to Coast Guard We will write a correct formatted thank you note to the Coast Guard Station. What did you find most interesting on the tour.</p>	<p>Clay Lighthouse Use clay or playdough to make a lighthouse of your own since you are now an expert on lighthouses</p>
<p>1:30-2:00</p>	<p>Group Choice Group choice of game or activity (group coding, new workout, yoga, sports skills, etc.)</p>	<p>Group Choice Group choice of game or activity (group coding, new workout, yoga, sports skills, etc.)</p>	<p>Group Choice Group choice of game or activity (group coding, new workout, yoga, sports skills, etc.)</p>	<p>Group Choice Group choice of game or activity (group coding, new workout, yoga, sports skills, etc.)</p>	<p>Group Choice Group choice of game or activity (group coding, new workout, yoga, sport or Nantucket Lighthouses Trivia.</p>