

# PLAN YOUR WEEK AT CAMP!

**CLASS OFFERINGS FOR WEEKS 1, 3 & 5.  
CHOOSE 1 WORKSHOP DURING EACH CLASS PERIOD.**



TOPIC	CLASS 1	CLASS 2	CLASS 3	CLASS 4
Adventure & Teamwork	Level 2 Age 12+	Level 2 Age 12+	Level 1 All Ages	Level 1 All Ages
Crafty Arts	Paint Party All Ages	Paint Party All Ages	Knotty Arts All Ages	Knotty Arts All Ages
Boating	Canoe & Kayak All Ages	Canoe & Kayak All Ages	Sailing Age 10+	Sailing Age 10+
Fishing	Level 1 All Ages	Level 1 All Ages	Level 2 Age 10+	Level 2 Age 10+
Leadership LITS	Leader in Training Age 13+	Leader in Training Age 13+		
Movement & Music	Drama & Dance All Ages	Drama & Dance All Ages	Yoga & Chill All Ages  Sports of all Sorts (Wk 1,3)	Yoga & Chill All Ages  Sports of all Sorts (Wk 1,3)
Nature	Anything Animals All Ages	Anything Animals All Ages	Into the Wild All Ages	Into the Wild All Ages
Science	Let's Rock All Ages	Let's Rock All Ages	Wind Warriors	Wind Warriors
Outdoor Living Skills	Outdoor Chef All Ages	Outdoor Chef All Ages	Survival Skills All Ages	Survival Skills All Ages
Target Sports	Level 2 Age 10+	Level 2 Age 10+	Level 1 Ages 8+	Level 1 Ages 8+
Woodworking *Week 5*	Build-a-Bench Age 12+	Carve a Paddle Age 12+	Carve a Spoon Age 9+	Carve a Spoon Age 9+

## WE RECOMMEND:

Look at the class offerings for the week you are attending.

Check if there are any age or experience requirements.

Choose 1 Workshop for each of the 4 class periods  
We recommend choosing workshops in 4 different topics.

Each of your workshop choices must be different.

All campers will be scheduled swimming with their cabin group during a separate period. No need for you to schedule it!

**my CHOICES**



# PLAN YOUR WEEK AT CAMP!

**CLASS OFFERINGS FOR WEEKS 2, 4 & 6.  
CHOOSE 1 WORKSHOP DURING EACH CLASS PERIOD.**



TOPIC	CLASS 1	CLASS 2	CLASS 3	CLASS 4
Adventure & Teamwork	Level 2 Age 10+	Level 2 Age 10+	Level 1 All Ages	Level 1 All Ages
Crafty Arts	Wooly Wonders All Ages	Wooly Wonders All Ages	Clay Creations All Ages	Clay Creations All Ages
Boating	Canoe & Kayak All Ages	Canoe & Kayak All Ages	Sailing Age 10+	Sailing Age 10+
Fishing	Level 1 All Ages	Level 1 All Ages	Level 2 Age 10+	Level 2 Age 10+
MAAPs	Pathfinders Age 10+	Pathfinders Age 10+		
Movement & Music	Drama & Dance All Ages	Drama & Dance All Ages	Yoga & Chill All Ages  Sports of all Sorts	Yoga & Chill All Ages  Sports of all Sorts
Nature	Anything Animals All Ages	Anything Animals All Ages	Into the Wild All Ages	Into the Wild All Ages
Science	Galaxy Quest All Ages	Galaxy Quest All Ages	Challengers All Ages	Challengers All Ages
Outdoor Living Skills	Survival Skills All Ages	Survival Skills All Ages	Outdoor Chef All Ages	Outdoor Chef All Ages
Target Sports	Level 2 Age 10+	Level 2 Age 10+	Level 1 Age 8+	Level 1 Age 8+
<b>my CHOICES</b>				

## WE RECOMMEND:

Look at the class offerings for the week you are attending.

Check if there are any age or experience requirements.

Choose 1 Workshop for each of the 4 Classes.

We recommend choosing workshops in 4 different topics.

Each of your workshop choices must be different.

All campers will be scheduled swimming with their cabin group during a separate period. No need for you to schedule it!



# 2025 WORKSHOP DESCRIPTIONS



Read our brief workshop descriptions below. For more details, visit [4hcampoverlook.org](http://4hcampoverlook.org)

TOPIC	WORKSHOPS
Adventure & Teamwork	<p><b>Level 1-</b> Work as a team through initiatives and games on the ground and low ropes course.  <b>Level 2 for ages 12+</b> with some experience on low ropes, you'll move up to the high ropes course.</p>
Crafty Arts	<p><b>Clay Creations-</b> Create and decorate guided projects using air dry clay.  <b>Knotty Art-</b> Using knots, turn paracord, yarn, boondoggle, and rope into take-home creations.  <b>Paint Party-</b> Grab a brush and paint to create guided works of art in acrylic and watercolor.  <b>Wooly Wonders-</b> Turn felt and wool into needle and wet felted masterpieces.</p>
Boating	<p><b>Canoe &amp; Kayak-</b> Head to the lake to learn the basics of paddling, tipping, transfer &amp; turning.  <b>Sailing for ages 10+</b> who are proficient swimmers and eager to try a more difficult &amp; demanding boating.</p>
Fishing	<p><b>Level 1-</b> Learn and develop basic fishing skills- casting, baiting, fish &amp; lake ecology  <b>Level 2 for ages 10+</b> with previous fishing experience, you'll boat into the lake to expand your skills</p>
Movement & Music	<p><b>Drama &amp; Dance-</b> All ages &amp; experience, learn a dance, improv, &amp; stage presence through fun games!  <b>Yoga &amp; Chill-</b> A combination of stretching &amp; simple yoga along with other mindful activities, music &amp; art  <b>Sports of All Sorts-</b> Head out to the courts for sports &amp; games both new and old!</p>
Leadership	<p><b>LEO Level 1- Leader in Training for ages 13+</b> It's time to take the lead in the first step of LEO (Leadership Experience Outdoors). Campers learn basics of communication, problem solving, responsibility &amp; mentorship. This is the first step before LEO 2 (CIT 1), and LEO 3 (CIT 2). Offered weeks 1, 3, 5</p>
MAAPs	<p><b>Pathfinders for ages 10+</b> is an introduction to backpacking, hiking, carrying a pack, and Leave No Trace. It is a recommended for future participation in MAAP Alpine Adventurers and MAAP Mountaineers Backpacking. Weeks 2, 4 &amp; 6.</p>
Nature	<p><b>Anything Animals-</b> Investigate and learn about the animals that share our forest, look for prints &amp; other animal signs, interview a spider, and create a nature journal.  <b>Into the Wild-</b> Head to the woods for time under the trees as you use all your senses in both active and relaxing games and activities.</p>
Science	<p><b>Galaxy Quest-</b> Learn about outer space through stellar games, conquer space challenges, and design, build &amp; launch your own rocket!  <b>Challengers-</b> There's a problem and you've been chosen to help solve it using creativity. Develop your engineering skills with challenges that you'll need to design &amp; build.  <b>Let's Rock-</b> Get your hands dirty to learn about the Earth, use GPS to search for hidden objects, make soil art and investigate rocks &amp; fossils.  <b>Wind Warriors-</b> Explore the power of the wind as you work to protect your team's hideout through design, building and flying challenges.</p>
Outdoor Living Skills	<p><b>Outdoor Chef-</b> Try your hand at fire building, tending, cooking and candle making.  <b>Survival Skills-</b> Whether its zombies or aliens, you'll need to learn the skills to survive a weekly invasion!</p>
Target Sports	<p><b>Level 1- Ages 8+</b> Take aim as you learn &amp; develop skills in archery. Practice on targets &amp; play games.  <b>Level 2- Ages 10+</b> with some experience with target sports. Includes options for archery &amp; air guns.</p>