

Campers will be able to select different sessions to participate in.

There are many Open Sessions that **do not** require advanced sign-up or a fee. Campers will receive a daily schedule when they arrive at camp that will list a variety of Open Session choices which will include the following: creeking, canoeing, swimming games, Native American life, archery, zipline, climbing wall/tower, 2-liter bottle rockets, Amish farm visit, pioneer life, geocaching, nature, line dancing, kitchen chemistry, crafts, and much more

SOME SESSIONS REQUIRE ADVANCE REGISTRATION. There are also some sessions that require a small fee to cover expenses incurred during that specific session. Signing up ahead of time is necessary so we can prepare the right amount of supplies and plan the appropriate number of sessions. The descriptions of these advance registration sessions are listed below. No refunds will be issued to campers who don't attend sessions for which they pre-registered – they will have the sessions listed on the back of their nametags to let them know what day and time they are registered to go to them. Advance registration classes include:



High Ropes

Appropriately named, this course is literally suspended above ground. Campers travel through a series of 19 different elements that are 20-30 feet high. This activity promotes teamwork and provides a safe environment in which youth can test their limits traveling down a 300-foot zip line. Campers wear helmets and climbing harnesses and are relayed by sling lines and steel cables. Campers must be in good physical condition.

Must be at least 12 years old. Cost: \$10.00 (3 hour session)

Rifle

Youth will learn about gun safety and gun etiquette. They will be able to shoot a rifle furnished by Camp Ohio at paper targets and improve their accuracy during this session. Ear and eye protection will be provided during the session.

A certified adult shooting sports instructor will work with campers along with trained counselors.

Limit - 24 campers. Cost \$3.00. (2 hours)



Shotgun

Youth will discuss gun safety and the different responsibilities associated with an active clay target shoot. They will then apply their knowledge during a hands-on clay target shoot. Shotguns will be provided by Camp Ohio. Ear and eye protection will also be provided during the session. A certified adult shooting sports instructor will work with campers along with trained counselors. Limit - 24 campers. Cost \$5.00. (2 hours)

Tie-Dye

Create your own original tie-dyed T-shirt. It's **FREE** if they bring their own shirt (or other clothing like a scarf – no underclothing)...just be sure it is **washed twice without fabric softener**. Or you may also send \$5.00 to camp with your child to purchase a white t-shirt in the camp store.



Team Challenge

Campers will head to the Team Challenge Course and work together mentally and physically to solve challenges. This fun session will give campers a chance to hear a situation and then creatively find a solution together. NO FEE but pre-registration required. **Recommended for those 10 years old and older and in good physical condition.**

Mountain Biking

Begin this session by learning about this awesome fitness activity. Each camper will be fitted for a mountain bike and a helmet. We will cover safety issues and go over some mountain biking techniques before getting on the bike. Then they will hit the trails and have a snack at the halfway point. The trail covers a couple of miles with STEEP terrain... this is serious exercise. **Bring elbow and/or knee pads if desired.**

NO FEE but pre-registration required. **Must be at least age 11 or older and at least 4' 11" tall to fit bike.**



Each day, campers choose from a variety of exciting, educational, and fun sessions.

REGISTRATION DEADLINE:

May 15, 2016

<https://www.regonline.com/camp16>