



Teen Extreme Camp at LTMS

Session 1

Geek Squad-We are living in a technology world! During this week, we will be exploring computers and creating a blog that teens will be responsible for updating. The teens will learn about the importance of blog safety while having fun and writing about camp from their point of view!

Session 2

Hot off the Press-Extra, extra, read all about it! Do you enjoy writing? Then this week is for you! The teen campers will be responsible for putting together a newspaper and coming up with "Breaking News!" In addition to creating the teen camp newspaper, the teens will also create a news show which will be recorded and presented at our Friday afternoon cookout!

Session 3

Picture This-Do you like taking pictures? Then this week was designed especially for you! We will be making scrapbooks, and you can even bring pictures from home! The teens will get to create a picture DVD with all the pictures we will take throughout the week, which we will show Friday at our cookout. Bring your cameras (disposable or digital) and lots of creativity. Making our memories last a lifetime is the main goal for this week!

Session 4

Blast from the Past-This week we will be bringing back the good 'ole days! Each day of the week will be a different decade. We encourage all of our campers to dress for each day: Monday-60s, Tuesday-70s, Wednesday-80s, Thursday-90s, and Friday-2000s! We will be going roller skating disco style and having a sock hop. If you love celebrating the past and embracing the future, this camp is for you!

Session 5

Boot Camp-Ever wonder what a soldier goes through? Could you step up to the challenge? This week will be packed full of physical activity! We will be having a local instructor come and put the teens through a mini-workout. And you won't want to miss our ropes course trip! So, do you have what it takes? We know you do!

Session 6

Outdoor Survivor-Grab your bags, pack your lunch, and come spend some quality time outdoors! How many lizards can you find in a creek? Which berries are good to eat? Think you can spot a deer track? What do you do if you see a bear? This week will be a wonderful chance to connect with the great outdoors and learn some cool new skills for survival! We will be hiking, canoeing, and even spending a night under the stars! So don't forget your sunscreen, a good attitude, and be ready to explore the wonders of nature!

Session 7

Drama Kings and Queens-Drama, Drama, Drama! This week is all about the drama...acting that is! We will be exploring the stage and creating our own play. The teens will get a chance to create their drama any way they wish. We will record it and send it to the YMCA younger camps, as well as have a live performance for the whole family to enjoy!

Session 8

Lifesaver Me- Do you find yourself wanting to know how to bandage a wound or splint a broken bone? Then this week is for you! We will be having visitors like paramedics, firemen, and police officers who will show us how they remain calm and handle any situation they're faced with. The teens will learn basic first aid and CPR. There will be a mock accident where the teens will get the chance to take care of the injuries!

Session 9

Extreme Sports-Do you like sports? Is gym your favorite class? Then this is the week for you! The activities this week are jam-packed with soccer, volleyball, football, dance, kickball, swimming, a rockwall, and a GIANT inflatable obstacle course! Be sure to get a good night's rest and eat your Wheaties so you can play like the champion that you are!