

<p><i>Morning Workshop Selections</i> Workshops allow in depth exploration and skill building through participation in the same activity each day for one period. Participate in 2 workshops per week.</p>	<p><i>New Adventures & Out of Camp Trips</i> These half day or full day experiences provide a unique adventure for each camper at no extra cost. Participate in 1 per week.</p>
Arts and Crafts: Leather craft, tie-dye, mask making, nature crafts, and more!	Astronomy: trip to the Green Bank Observatory. All Ages
Painting and Sketching: Fun for all levels.	Lake Buffalo: canoeing, kayaking, and stand up paddle boarding on Lake Buffalo. All Ages
Rocketry: design, build, and launch a rocket.	Backpacking: Hike and overnight camping trip! Ages 9 and up
Pottery: hand sculpting and potter's wheel.	
Woodworking: Fun and functional projects.	Bike Skills Park: Mountain biking challenge course. Ages 9 and up
GoPro: collecting video footage and photos for a video presentation for all of camp.	
CHM Radio: camp radio station - new for 2018!	Mountain Boarding: Mega-Afternoon of mountain boards Ages 9 and up
Drama: Acting, costumes, props - performance at the end of the week!	
Dance: jazz, hip-hop, modern, salsa, and more!	High Ropes Course: ropes course with woodland zip line. Ages 9 and up
Music: Voice and various instruments.	
Lake: Sailing, Kayaking, Canoeing, Stand Up Paddle Boarding.	Climbing Tree & Tower Ages 9 and up
Outdoor Living Skills: build a shelter, cook over a fire, and practice navigation skills.	Cooking Extravaganza: an afternoon of cooking fun. Ages 9 and up
Rolling Adventures: Bike Park, Mountain Biking, Mountain Boarding.	
Fishing: Cast a line in our trout-stocked river.	Seneca: Rock climbing trip to Seneca Rocks. Ages 9 and up
High Adventure: Climbing tower, indoor wall, bouldering wall, climbing tree, and high ropes.	Rail Trail: Bike trip along the Greenbrier River Rail Trail. Ages 12 and up
Archery: skill building and games.	Camper enrolled two weeks or longer may also choose from the following three trips (one trip every two weeks):
Swim Instruction: Beginner Level.	
Swim Instruction: Intermediate Level.	
Swim Games: Organized pool games!	
Fitness and Yoga: yoga, zumba, and more!	
Soccer: skill building and scrimmage.	
Wide World of Sports: Gaga, disc golf, v-ball, b-ball, kickball, and more!	
Culinary Arts: cooking, baking - fun!	
Eco Explorer: Stream studies, tree and wildlife identification, scavenger hunts, and more!	
Farming: Organic gardening and care of farm animals.	