

Centrifuge track time options

Note: Students will choose 6 options but will not participate in all 6. Track time options are subject to change. All tracks listed may not be offered during your section.

Creative Arts

Topics include the areas of music, art, stage and media. Those listed as performance tracks will be on stage at some point during the Track Time Showcase.

Performance:

Creative Movement - Participants will learn a creative movement set to a contemporary Christian song and be provided re- sources for how to start creative movement ministry at home.

Percussion - Students will learn how to read rhythm charts and will practice patterns and rhythm. Using trash cans, buckets, and other “found” percussion instruments, students will perform a “Stomp” style piece during closing celebration. Beginners and experienced drummers are welcome.

Interpretive Sign - Students will spend time learning the manual alphabet and conversational signing. Students will make a distinction between sign language and interpretive sign and will learn a simple interpretive sign song. They will perform this during closing celebration.

Specialty

These tracks are specific to Union University.

Bubble Soccer – Students will play soccer wearing large bubble suits.

Hiking - Campers participate in a daily hike.

Non-Performance:

Crafts - Students will work on a specific craft project throughout the week, such as bead bracelets, t-shirt art, tile mosaics, paper making, candle making, etc. A supplies fee of \$5 will be charged.

Creative Painting-Students will use the medium of painting to express themselves creatively. They will paint on canvas. Paintings will be sold at the end of the week for missions.

Drama - Participants will learn the basics of drama, improvisation, mime, etc. Students will rehearse a drama to be performed in closing celebration and be provided with resources for how to begin a drama ministry at home.

Guitar - This class is strictly for beginners and is not a performance track! If you know more than three chords, you are not a beginner. Students will learn strum patterns and basic chords.

Inline Skating – This track will teach basic skills and equipment use for inline skating. Campers will experience inline skating on campus. All equipment for this track will be provided.

Paint Ball - Campers will participate in paint ball games using a sling shot instead of the typical paint. \$5 for each participant.

Discipleship/Classroom

These tracks are designed to assist in disciplining campers in their Christian walk and helping them live a balanced, healthy lifestyle.

Apologetics - This track will provide students with proof of and a defense for Christianity.

Christian Leadership – This track will look at key leadership characteristics and the role of the servant leader in today's world.

For Girls Only – This track will teach Biblical principles for living a godly life, help to build a healthy self-esteem and self-image, provide proper perspective and knowledge about health and the body and discover biblical dating principles.

How to Grow in Your Faith – This track will provide an opportunity for students to get to know God on a deeper level by strengthening their discipleship through such disciplines

as worship, solitude, prayer, fasting, service, study and more.

Sports Ministry - This track is not an out- door, active track. Students will learn how to use sports as a ministry to reach people.

Active

These tracks are recreation/sports based.

Basketball - Students will learn basic skills and play basketball.

Battleball - Students will learn and play several variations of Battleball (Dodgeball).

Sports Track – Students will play flag foot- ball and softball.

Frisbee Games – Students will play ultimate Frisbee, Frisbee golf and other games with discs.

Lifestyle Evangelism – Students will discover how to live their lives in such a way to lead others to Christ.

Missions – This track is designed to educate campers about missions and mission opportunities as well as provide hands-on ministry in the local community.

Spiritual Gifts – This track is designed for campers to learn about spiritual gifts and discover their individual gifts by completing a spiritual gifts survey.

The Man Track – This track will explore what it means to be a godly man, how to be involved in healthy relationships with the opposite sex and within the family, and life skills such as independence, decision making, integrity, team player and excellence.

Rec Track - Students will play gagaball, spikeball and other outdoor games such as kickball, etc.

Soccer - Students will learn soccer basic skills and play soccer.

Table Games - Students will have the opportunity to play a variety of fun board and card games including checkers, dominoes, UNO, Monopoly and many others.

Active Track - Students will play volleyball and soccer.