

Summer At Sacred Heart Camp Descriptions

WEEK 1
JUNE 24-28

WEEK 2
JULY 1-5

WEEK 3
JULY 8-12

WEEK 4
JULY 15-19

WEEK 5
JULY 22-26

WEEK 6
JULY 29-AUG 2

WEEK 7
AUG 5-9

WEEK 8
AUG 12-16

Week 9 will include a variety of STREAM activities.



Weeks 7 and 8 include camps offered by some teachers at Sacred Heart Academy and may include a surcharge for expenses.



Traditional Vacation Bible School is offered in week 4.



Some camps have a surcharge attached due to the high cost of materials.

Age Groups are denoted by symbols below or in parenthesis next to camp description, if different. Camps that service multiple age groups will be split according to age and/or age-appropriate activities.

SASH reserves the right to cancel camps that do not have adequate enrollment. If SASH cancels camp, you will have the option of a full refund or your choice of another open camp.



Ages 3 – 5



Ages 6 – 8



Ages 9 – 11



Ages 12 - 14

Air & Space ▲ ● (wks 4,6,8) – Let your imagination take flight as we join Sir Isaac Newton and prepare for aerospace adventures with his laws of motion. Follow the history of flight from early balloon flights through modern rocketry. Design, build, and test fantastic flying creations including kites, gliders, planes, and more. Experiment with the laws of physics, gravity and motion during this amazing week of hands-on fun.

American Girl® ▲ ● (wks 2,5) – A week full of American Girl parties, games and activities.

Artsy Craftsy ▲ ● ★ (wks 1,7) – Let's get crafty! In this DIY craft class campers will engage in a wide variety of stimulating age-appropriate arts and crafts activities and projects. This make-it and take-it camp is sure to get your creative juices flowing!

Art Around the World (Ages 10 – 13; wk 8) – Come explore the unique crafts created by cultures around the world: the ancient oriental suminagashi (floating ink), the multi-cultural technique of coiled basketry, the Iroquois medicine man's False Face Masks. Offered by Mrs. Clay, Art Teacher at Sacred Heart Academy. \$40 surcharge for this camp. ✚ \$

ARTpourri ▲ ● ★ (wks 3,8) – Art comes alive in this potpourri of hands-on exploration of creative art. Each day the students will be encouraged to express themselves through the creation of art using different mediums like painting, sketching with charcoal, sculpting, etc.

Baking With Yeast! (rising 4th grade through 8th grade; wk 3) – Learn Chef Mrs. Keller’s secrets to baking with yeast! Wait until you taste your dinner rolls, pizza, cinnamon Rolls, and braided breads. You won’t be disappointed! A surcharge of \$25 accompanies this camp. 🍷 💰

Baseball ▲ ● ★ (wk 5)– Learn the fundamentals of baseball. Emphasis will be placed on fielding, hitting, throwing, sliding and running techniques, as well as, good sportsmanship. Campers should bring their mitt and a water bottle daily.

Basketball (Ages 11 – 14, wk 1; Ages 8 – 12, wk 3) – Celebrate summer with a week of basketball! This camp balances teaching skills and fundamentals with games, contests, and lots of fun! The basic skills of ball handling, passing, shooting, and defense will be stressed, while modeling good sportsmanship. The camp is designed to help each child improve skills in a fun and encouraging environment.

Boys Being Boys Camp ■ (wk 7) ▲ ● (wk 1) – Spend a week celebrating being a boy! Maybe learn how to land an airplane in an emergency or escape from being tied up? Or fight off an alligator? Recall the adventures of Scott of the Antarctic, the Battle of the Somme, and the martyrdom of St. Dennis. Learn how to palm a coin, tan a skin, tie basic knots, and, most charmingly, wrap a package in brown paper and string. Even learn some basic etiquette so you can impress like James Bond. Learn fun coin tricks, how to marble paper and put to memory a few Latin phrases every boy should know. Want to learn how to escape quicksand, build a raft, start a survival fire, place a splint, or write in invisible ink? Then this camp is for you! A fun-filled week filled of exciting adventures! Boys only!



Cake Boss ● ★ (wks 2,7) – Learn the art of cake decorating! Learn how to make beautiful and fun cakes. Practice the proper techniques of torting and stacking cakes, icing preparation, and working with fondant and buttercream in this class. Decorate a cakes and cupcakes in a variety of ways, from a cheeseburger to a beautiful wedding cake! Each day campers will learn and practice new decorating techniques and will take home their own personal mini-masterpiece. A \$20 surcharge accompanies this camp. 💰



Camp Camp ■ (wk 8) ▲ ● ★ (wks 1,8) – In this exciting camp, campers learn how to camp and basic skills to ensure a successful camping experience. Campers experience classic camping activities, including singing campfire songs, playing camping games, storytelling, and even participating in a nature scavenger hunt! Enjoy making camping foods like s’mores and trail mix, distinguish different animal tracks, and make lanterns and marshmallow shooters. Kids will surely love camping by the end of the week!



Cheerleading ● ★ (wk 4) – Age appropriate fundamental cheerleading skills including cheerleading motion technique, dances, jumps, tumbling and stunts will be presented in a safe environment. There will be lots to do including confidence-building activities and, of course, cheering daily.




Dance Mania ● ★ (wk 2) – Dance the week away! Learn the basics or improve on your already developed skills in our dance camp. We will instruct in a variety of dance styles from contemporary to classical to line dances to party dances. Speed it up and slow it down — we’ll practice it all! Show your moves off at the end of the week with a performance for families.

Deus Vult (The Great Foam Crusade) (8 – 14) (wks 2,5) – Choose your favorite weapon from history, build it from foam, duct tape, and PVC, then learn how to use it. It's a sport! It's a craft! It's a history lesson! Imagine all this in one camp! Engage in battle with other campers, plan strategies, and team up with your buddies to emerge the ultimate foam crusader!

Digital Sculpting   (wks 1,4) – Enter a world without digital barriers. Whether you are a beginner or an expert, try your hand this week at digital sculpting and watch your creations come to life!

Dinner's Ready! (rising 4th grade through 8th grade; wk 6) – Give Mom and Dad a break! Make and take dinner home! Chef Mrs. Keller will teach you to prepare a different dish each day with your own variations. A surcharge of \$40 accompanies this camp.  




Disney Camp   (wks 1,4) – For those who love Disney... each day is a different Disney theme! One day could be all about Frozen, while another might be about Finding Nemo and Finding Dory. Make magical memories with a week of fun activities!




Drama Week!    (wk 4) – This week only includes Costume Design, Set Design, and Production of a play. Three camps will work together to create the final show!




Costume Design - Work with materials to select and create costumes for the play.



Set Design - Work with materials to select and create costumes for the play.

Center Stage - Show your talent as actor/actress for the play.

Draw 3D    (wks 2,6,8) – From mind to design in minutes! Experience, design, electronics, and coding. Imagine and design anything!

Duct Tape Fabrication    (wks 3,8) – Have you ever wanted to just get your hands on lots of colorful duct tape, some cardboard, and other odds and ends and just create something? If so, this class is for you! Build free form or follow plans to build things like flip flops, a Captain America Shield, Thor's hammer, a backpack, wallet, and other cool things!

Emergency Med Training   (wk 3) – Learn important life saving techniques, including first aid and CPR. Explore the structures and physiology of the amazing human body. Career opportunities are discussed as campers meet professionals in the medical field. Campers will learn about germ theory of disease, fevers and bacteria, using medical instruments, triage and diagnosis, blood pressure, and more! Campers will be trained in CPR and First Aid by a certified trainer and will receive a two-year certification card. This is a great camp for babysitters, future life guards, and anyone interested in a possible career in medicine. **A \$75 surcharge is added to this camp for CPR training.** 

Experiments! Experiments! Experiments   (wk 4) – Satisfy the questioning scientist in you! Conduct multiple experiments using the Scientific Method. Test with solids, liquids, and research physical and chemical reactions, force, gravity, and so many other things during our 5 days!

Flag Football ▲ ● (wk 1) ★ (wk 3) – Our flag football camp teaches the core skills of passing, catching, and de-flagging, or defensive positioning, while delivering fun and exciting action. Each flag football camp is organized into training environments that are designed to prepare campers to be champions both on and off the field. This camp teaches good sportsmanship, teamwork, and the importance of fair play. Coaches provide the opportunity to learn the game and improve skills in a positive, secure environment.

Fractured Fairy Tales ■ (wk 3) ▲ ● (wks 2,3,5) – Put a spin on all those old fairy tales with our Fractured Fairy Tales camp! Read and act out a variety of Fractured Fairy Tales, such as, "The Giant and the Beanstalk", "Goldilocks and the 3 Dinosaurs", "The Princess and the Pizza" among others. Campers learn about storytelling, characters, and what it takes to put on a show for family and friends on the final day of camp!

Fun Factory ● ★ (wks 4,6) – Test the limits of fun making Ninja Turtle Squishy Balls, instant soda slushies, glow-in-the dark slime, matchbox rockets, magic mud from potatoes, instant ice, soda bottle blasters, gravity puzzles, and more. Visit our factory of fun!

Game Week ■ (wk 4) ▲ ● ★ (wks 2,5,7) – A week filled with different party games and water activities (no pool/swimming involved), some of your favorites and some new ones too... games like water balloon tosses, sprinkler runs, parachute games, and red light/green light among many others.

Golf ▲ ● ★ (wks 6,7,8) – Our golf camp is open to all skill levels. Instruction will cover every aspect of the game, including putting, chipping, pitching, sand shots, full swing, course management, rules, and etiquette. Clubs will be provided for students without their own clubs.

Gross & Fun Science ▲ ● ★ (wk 7) – Science is fun! Campers ponder, predict and play their way through slimy hands-on- experiments designed to encourage curiosity and wonder. All experiments are either gross, fun, or both! This week of discovery by uses senses to conduct experiments with intent to cultivate a lifelong interest in science and the world around us.

Gym Games ▲ ● ★ (wk 4) ★ (wk 5) – A week playing your favorite gym class games, like Gaga ball, capture the flag, dodgeball, basketball, relay races, whiffle ball, knockout, tug-of-war, and many others!

It's Not Just For Breakfast Anymore! (rising 4th grade through 8th grade; wk 1) – Spend the week preparing breakfast foods with Chef Mrs. Keller, the Kitchen Manager at Sacred Heart Academy. Make hot cereal and granola, make your own sausage, prepare bacon the easy way, along with eggs, pancakes and French toast. Make breakfast foods for the family: frittatas, French toast bake, egg “muffins”, and egg and ham ring. A surcharge of \$25.00 accompanies this camp. 🍷 💰

Jewelry Making ▲ ● ★ (wks 3,6,7) – Express your creativity, while learning different jewelry making techniques and designing and creating your own jewelry and keychains!

Jr. Engineering ▲ ● ★ (wks 3,6,8) – Discover how things move with science. Join a team of Jr. Engineers and build bridges, domes, cubes, and pyramids. Assemble simple machines such as, levers, pulleys, catapults, balances, crank fans, and/or tops to investigate the laws of physics. Learn what your toes have to do with tennis! Get a taste for space as you launch homemade aircraft!

Inventors' Battleground ▲ ● ★ (wks 2,5,7) – Release your inner creative genius! Do you like to tinker? Do you like to compete? Join us for a week of fabricating complex machines to perform simple tasks. Compete with each other in Rube Goldberg challenges. Start with a challenge, add some brainstorming, a little creativity, a little engineering, and presto! You have a product, but is it the best one produced? Is it the strongest? Will your team beat the other teams? Come and find out!

Lawn & Field Games ▲ ● ★ (wk 6) – Spend a week competing in America's favorite lawn and field games – Ultimate Frisbee, Volleyball, Ladderball, Bag Toss, Washer Toss, Tug of War, Capture the Flag, Kick Ball, croquet, and more!

LegoMania! ▲ ● ★ (wks 3,7) – If you can imagine it, you can build it! We will give campers daily creative challenges to conquer. Campers will build cities, robots, spaceships, and take part in fun and exciting Lego challenges! Don't miss it!

Robotics (Ages 11 – 14; wks 3,8) – Build and program your own robots using Lego technology! Campers work individually or in pairs to complete projects and compete in tournaments.

Mad & Messy Science ▲ ● (wks 3,6) – Science is fun! With mad and messy science, we're going to ponder, predict and play our way through slimy, hands-on experiments designed to encourage curiosity and wonder. All experiments will be either gross, fun, or maybe even both! We might make slime, ice cream, sidewalk chalk, or try some other messy experiments. Campers will be guided through this week of discovery by using their senses to conduct experiments with intent to cultivate a lifelong interest in science and the world around us.

Magic & Illusions ▲ ● ★ (wk 5) – Everyone can be a magician! Try your hand at palming cards, master the art of illusion and misdirection, and perfect your stage presence. Campers are provided all the training materials and magic props. On the last day of the camp, campers become star performers in a magic show for parents and relatives.

Mask Making ▲ ● ★ (wks 6, 7) – Learn professional techniques in mask making, molding and casting, sculpting, painting and fabricating. You'll work with clay, plaster, acrylic paints, paper mache, and other mixed media. Campers will create fun masks to take home!

May the Force Be with You ▲ ● (wk 1) – Join the Resistance! Begin your Jedi training and explore new galaxies as you fight for peace and justice. Learn the ways of the Force, build droids, go on Jedi missions, eat Star Wars food, and play Jedi games. Jedis in training will make

their own light saber, Yoda ears, and various Star Wars crafts. Compete in a Chewbacca roar contest and explore the customs, games, crafts, and food of the different planets of the Star Wars Universe. From building Ewok catapults to making Hoth ice cream, each day holds a variety of unique activities. Are you ready to help Rey, Finn, Poe Dameron, Chewbacca, Luke Skywalker and Princess Leia fight the forces of evil and defeat Kylo Ren and the First Order?

Medieval Times ■ (wk 6) ▲ ● ★ (wk 1,6) – Step back in time and experience what it was like in the era of knights, jesters, kings, queens, and princesses! Practice your skills in juggling, catapulting, medieval games, crafts, and more! Experience a medieval feast at the end of the week!

Mini Weapons of Micro Destruction ▲ ● ★ (wks 4,6) – Love combining random objects into catapults, crossbows and other projectiles? Come learn the basics of medieval warfare through the use of normal household and office supplies while understanding the role that the military and warfare play in our society. Campers will learn the difference between just and unjust aggression. Projects will include weapons like a pen blowgun, a tiny trebuchet, slingshots, catapults, crossbows, a paper dart watch, paper throwing stars and targets, among others. Strict safety measures will be observed in the camp. Safe destruction is our motto!

Musical Theater ▲ ● ★ (wk 1) – Do you dream of being on stage? Act in an age appropriate musical play and learn about musical theater, acting, signing, movement and costumes. On the last day, students will perform for family and friends.



Needle Arts ● ★ (wks 1,7) – Enjoy a fun week of being introduced to the needle arts like knitting, crocheting, embroidery, and other needle arts. Learn them all or choose only what you like. Create your own masterpieces!



Neon Glow Art ● ★ (wks 2,4) – Let your creativity GLOW as hot neon colors and glow-in-the-dark media come to life under black light. Fun and creativity flow as you paint in the dark and watch your fluorescent creations pop with dimension. Projects include watercolor, fabric design, neon balloon animals, painting, and much more! The possibilities are endless in this NEON GLOW experience! The Artists proudly present their work at a brief show on Friday.


Nerd Camp (rising 5th grade through 8; wk 7) – This camp is for nerds only! Taught by Danny Westendorff, Math/Computer teacher at Sacred Heart Academy, this camp will be held from 9 a.m. – 3:00 p.m. Before and Aftercare are available if needed. A surcharge of \$15 accompanies this camp. ■ \$



Robotics and Programming (7 – 14; wk 7) – In this camp students will use various tools to explore the workings of robotics and programming. From building robots to making flash games, this is the place for the junior coder in us all. This camp is taught by Katie Tantillo, Math/Computer teacher at Sacred Heart Academy. ■



Safari Adventure ■ (wk 1) – An exciting week filled with discovery! Campers will role play going on a safari and become experts on safari animals and their habitat to then become an author and illustrator of their own book to bring home at the end of the week. A week filled with lots of safari games, activities and arts and crafts.




Scrapbooking   (wks 5,7) – Learn how to start or advance your scrapbooking hobby; everything from choosing the right supplies to effective journaling, designing interesting layouts, and developing an artistic eye and the story-telling aspects of scrapbooking. Bring photos, postcards and other personal items and we'll teach you how to put together an exciting scrapbook!





SCRATCH IT!   (wks 3,5) – Program your own interactive stories, games, and animations, then share your creations with others!



Script This! –  (wks 3,6) Have you ever dreamed of becoming a writer? Let your dreams come true in this camp! Work with a team of writers to create a script and then help to make it come alive!




Sew Much Fun!   (wks 3,8) – Campers will have “sew” much fun learning different sewing techniques, including hand sewing, embroidery, and the use of sewing machines. Select and complete your projects! Take home your creations!


Snack (and Lunch) Attack! (rising 4th grade through 8th grade; wk 4) – Learn to prepare some of Chef Keller’s best lunches and snacks: sandwiches, pizza, nachos, and salads. Enjoy coconut and seed granola, peanut bars, fruit and cheese skewers, and fruit salad. \$25 surcharge applied to this camp.  


Soccer    (wk 2) – Players will strengthen individual soccer skills and sportsmanship through training with direct coaching in small groups. Instruction will focus on strategy, anticipation, opportunity, and creativity. Enjoy scrimmaging with 1 v 1 and 3 v 3, in addition to large group play.




Spa Week  (wk 7)    (wk 1) – While the Boys are Being Boys, celebrate being a girl! This camp for girls only includes the best of the spa! Enjoy learning about and experimenting with skin care, nail care polish and design, hairstyles, manicures, pedicures, relaxation, healthy snacks, and more. Make your own bath bombs to take home with you. Girls will also learn important Latin phrases and etiquette secrets!



Spies & Detectives   (wks 4,6) – Learn secrets of espionage and detective work. From dissolving messages and decoding clues, students will have the opportunity to check out the skills that spies and detectives have in this hands-on journey into the world of espionage and detective work. Learn Morse code for secret messages and other methods of leaving coded messages. Learn how to free yourself from duct tape and zip ties; how to make footprint molds and match tire tread, how to dust for fingerprints and write in invisible ink. We'll combine lab experiments with a bit of detective discovery and espionage training. This is a perfect fit for super spies and scientists alike!



Strategy Games    (wks 1,4) – Chess, Backgammon, Sequence, Ticket to Ride, Settlers of Catan, Risk, 7 Wonders.... What's your favorite game of strategy and skill? Spend a week learning new games and playing old favorites, matching your skills against the skills of others. Strategy games make you smart. We make it fun!



Super Sports  (wk 2) – Learn and play a variety of age-appropriate sports from basketball to track and field. Everyone is a super sports star in this camp!

Surf and Sand  (wk 5) – It wouldn't be summer without the beach, the ocean, and even some pirates! Sail away with us as we explore legends of the sea, play some pirate games, build sand castles, make under the sea slime, and so much more.



Survival Training    (wks 4,7) – Are you the next Bear Grylls or Les Stroud? Learn the elements of the five basic survival skills - fire, shelter, signaling, food/water, and first aid. Join us for an exciting week learning many valuable skills, like tying important knots, starting a fire without matches or a lighter, building a sleeping shelter, making snares and developing directional skills, and even more!



Sweet Tooth! (rising 4th grade to 8th grade; wk 5) – Yummy for your tummy! Have Chef Mrs. Keller bake treats with you and you can decorate to your heart's content! A surcharge of \$25 accompanies this camp.  



The Theatre (rising 4th grade through 8th grade; wk 8) – Led by Adrienne Wingfield, Sacred Heart Academy teacher and former Broadway actress, offers the opportunity to learn about the theatre! Practice audition techniques, methods for character development, improvisation, and scene studies from a variety of playwrights, including Shakespeare! A surcharge of \$15 accompanies this camp.  

Treasure/Scavenger Hunt   (wks 1,3,8) – Do you love challenges? If so, this is the camp for you! Search for hidden treasure using treasure maps, while competing with other crews searching for the same treasure. Who will find it first? Learn the history of famous pirates and treasures and how maps were coded. Also get competitive with your team in a series of timed scavenger hunts.

Vacation Bible School (rising Kindergarten through 5th grade; wk 4) – Vacation Bible School is offered 9:30 a.m. – 12:30 p.m. during week 4 of Summer At Sacred Heart. VBS is a fun-filled week of activities focused on engaging children in learning about Christ.

Volleyball   (wk 2) – This camp is designed to teach all the skills of volleyball for all levels and positions. Enjoy a week of learning and playing a popular game that will be with you for a lifetime!

War Games   (wks 4,5) – A week of competition between two teams! Make your own pocket slingshot and then manufacture your ammunition (color-infused mini-marshmallows) before engaging in a “paintball” war. Compete in capture-the-flag and go head-to-head in nerf gun battles, as well as, learn elements of Sun Tzu’s “The Art of War” and put them into practice. It’s a week of battle, strategy, and execution. Which team will win the war?

Wild & Wacky Week   (wks 2,6) – Let's get crazy! This week we will let our silly side shine as we make kooky crafts, play goofy games, and make marvelous memories. Enjoy Water Day with fun water activities. It'll be wild & wacky fun!



JUST ADDED!

Minecraft Camp! ▲●★(wks 1,4,5,6) - If you like Legos, you'll love Minecraft. In Minecraft you can freely interact with your randomly generated environment and gather resources needed to create tools, homes, boats, bridges and more. You'll primarily shape your block-like surroundings by digging, chopping and mining. As you progress, you'll encounter water, sand, stone, ore, trees, animals, rocks, lava and even monsters. Minecraft has been featured on the cover of PC magazine and is an extremely popular online strategic building game.