

Stars & Stripes Hula-Hooping, Jumpin' Jive 2017 Camp Spotlight



July 31-Aug.4, 2017

8:30-12:00pm

(6-12yrs.)

Day \$33 Week \$106

*This camp is designed to keep your child moving and active for the entire morning. We will be learning, practicing and mastering some fun and exciting moves using our bodies, Hula-Hoops, jump ropes, Skip-Its and pogo sticks. Campers will learn some of today's fun dance moves and line dances. We will also learn about hoop dancing and some new exciting ways to use a Hula-Hoop. Jump roping will be a big part of our camp too as we learn how to jump forward, backward, double dutch and more. Lastly we will bust out the Skip-Its and pogo sticks to add even more movement and fun to camp. **Campers will get to use all of these awesome props to make up their own moves and prepare performances to be shown off on Friday for an audience!** We will also have some down time where we will make beautiful summer time crafts to take home. Bring a bathing suit and towel for water activities on Friday.*

Monday: JUMP ROPES & POGO STICKS Campers will begin by becoming familiar and comfortable with their jump ropes. We will spend the day using single jump ropes and long ropes for partner jumping. We will test our limits by learning different tricks, such as traveling, double dutch, single hops, double hops, figure eights and criss-crosses. We will practice these techniques, as well as take our jumping to a whole new level by practicing on the pogo sticks and taking some turns on the Tumb! Trak! To end the day, campers will cheer on their fellow jump ropers as we play a fun, new jump roping game.

Tuesday: HULA-HOOPS & SKIP-ITS We will begin with a quick review of all of the skills and tricks we learned on Monday with our jump ropes before switching gears and breaking out the Hula-Hoops. We will warm up our bodies by playing fun hoop games before we use the Hula-Hoops on our hips, necks, and arms. Campers will also use the hoops for jump roping, jumping while hooping, hooping on their knees, and so many other awesome things like traveling and rolling! The day wouldn't be complete without having some fun Hula-Hoop contests! Campers will also get to experience Skip-Its! Don't miss out on all of today's excitement!

Wednesday: LINE DANCES Campers will show off their best dance moves as well as learn all sorts of popular line dances! We will learn the fun moves that make up the "Macarena", "Cupid Shuffle" and the "Hoedown Throwdown"! We will make it challenging by attempting some of these dances with our props, like trying to do the "Cotton Eye Joe" while jumping rope, or the "Cha Cha Slide" while using the Hula-Hoops. It is sure to be a blast!

Thursday: ROUTINES Today we will be pairing up to create the greatest Hula-Hooping, Jumpin' Jive routines around! Campers will get the opportunity to use the skills they have learned throughout the week. They will be allowed to use their jump ropes, Hula-Hoops, dance moves, pogo sticks and Skip-Its to create the most ultimate, high energy performance around! They will also get to create their own stages using mats and props (like cones, stars, and foam cubes). A routine wouldn't be complete without music to jazz it up even more. The sky is the limit. Let the creativity begin!

Friday: PERFORMANCE DAY It is going to be a fun filled day as the campers get ready to perform their Hula-Hooping, Jumpin' Jive routines for their family and friends! We will start the day by having our own dress rehearsal of all routines. As campers begin practicing, they will be given a surprise object that they have to incorporate into their routine using their own creativity. Campers will cool off with water activities and fun in the sun by splashing around outside in the water parks! After all of the exciting outside enjoyment, we will dry off and get ready for our final performance and show off our masterpieces! Please bring your swimsuit, towel and apply sunscreen for some water time fun.



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