



Pre-Summer: June 10th – 14th: **Too Fit to Quit!** – Exert yourself during this high energy week! Campers will participate in yoga, Zumba, gymnastics, and agility training. We will develop skills to make fitness fun! Specialty classes will be taught by Core Gymnastics and Proehlific Sports Performance. *The add-on trip for this week includes a trip to Sky Zone.*

Week 1: June 17th – 21st: **Outdoor Adventures Week** – Explore the great outdoors through a mix of nostalgic activities like mud pie making and fort building, as well as current trends such as geocaching and a ninja warrior obstacle course! We will learn about protecting our land with a special appearance from a State Park Ranger. *The add-on trip for ages 10+ this week includes a trip to Sky Wild.*

Week 2: June 24th – 28th: **All Ball** – Calling all ballers - dunk, serve, dribble, throw, kick, and roll your way into our sports themed week. We will participate in favorite sports such as baseball, basketball, football, and volleyball! Ricky Proehl will be available to sign autographs for our future star athletes! *The add-on trips for this week include a trip to a Greensboro Grasshoppers baseball game.*

Week 3: July 1st – 3rd (3-day week): **Mess Makers** – Slime, snow, glitter and glue! Let the mess stay out of the house this week as we explore our creative side. During our 3-day week, we will explore new visual art mediums such as oil pastels and watercolors while making camp craft favorites like friendship bracelets, kinetic sand, and slime! *No add-on trips this week.*

Week 4: July 8th-12th: **Passport to Adventure** – Explore Africa, Asia, Europe and more without ever leaving Proehlific Park! Pack your suitcase for a whirlwind adventure! When you enter in the door, you will receive your passport which will get you through customs each day. We will play new games and sports from around the world while learning about the countries the games originate from. *The add-on trips for this week include a trip to the pool.*

Week 5: July 15th-19th: **Pay It Forward** – Philanthropy is fun! Our youth participants will engage in activities that will focus on good sportsmanship, empathy, and the joys of giving. We will partner with Proehlific Park's foundation, the Power of Play to do community service acts such as writing letters to our brave service men and women and performing random acts of kindness. At the end of the week we will be partnering with Autism Society to participate in adaptive sports. *No add-on trips this week.*

Week 6: July 22nd-26th: **Under the Big Top** – Come one, come all to the greatest camp on earth! Act like a clown this week as we learn to juggle, tumble, giggle and more! We will play carnival games, enjoy circus snacks, and attend clown school. There will be special appearances from balloon artisans and circus performers. *The add-on trips for this week include a trip to the pool.*

Week 7: July 29th-August 2nd: **PROlympics** - Opening ceremonies bring our campers together to compete as their favorite country in an Olympic style tournament throughout the week. Campers will participate in summer and winter Olympic themed sports. At the end of the week we will hold an Olympic medal ceremony for the winning countries. *Add-on trips for this week include a trip to the ICE House.*



Week 8: August 5th-9th: **Top Secret Summer** – One of our coaches has turned bad and has stolen something special from Ricky Proehl. Can you figure out which coach has been working with enemy before the week is over? Our week of spy training will include learning Morris code, creating code names, solving escape rooms, and will end with a final Nerf gun battle to reclaim Ricky's treasure. *The add-on trips for this week include a trip to the pool.*

Week 9: August 12th – 16th: **Mythical Marvels** – wizards, giants, elves, and goblins are all welcome to Proehlific Park this week. Campers will get sorted into their houses this week and ready for magical games such as Quidditch, potion making, dragon slaying, and more! We will end our week celebrating our Tri Wizard Tournament champions. *The add-on trips for this week include a trip to the pool.*

Week 10: August 19th – 23rd: **Color Spirit Wars!** – Celebrate an awesome summer by showing your love for camp! We will finish camp with a final celebration of teamwork and team spirit. Groups will be assigned a color and participate in team building exercises throughout the week. We will end our week with a burst of color as we participate in our own color run and field day. Our daily dress-up themes include pajama day, when I grow up day, wacky tacky day, team spirit day, and Proehlific Park POWER day. *No add-on trips this week.*