

Pine Hills Girls' Camp Workshops 2023

SPORTS/OUTDOOR ADVENTURE

- » **Archery**
- » **Axe Throwing**
- » **Basketball**
- » **Flag Football**
- » **Soccer**
- » **Volleyball**
- » **Gaga Ball:** Try this fast paced, high-energy form of dodge ball played in an octagonal pit.
- » **Horseback Riding:** Trail riding led by an experienced YMCA team.
- » **High Ropes Course:** Climb, scale, traverse the heights and then zip-line down for a fast finish.
- » **Climbing Wall:** Scaling the 50-foot wall is worth the effort, and the view from the top is amazing!
- » **Boating/Paddle Boarding:** Canoeing, Kayaking, Aqua bikes, Paddle Boarding, Sailing
- » **Swimming:** Enjoy our diving board, high dive tower, and new inflatable Water Park with a slide, blob and obstacle course!

ARTS & CRAFTS

- » **NEW! Decals by Design:** Sketch and design new decals for Be Love Revolution and Pine Hills Camp.
- » **New! The Ties That Bind:** Learn the art of creating colorful and popular patterns of friendship bracelets to wear yourself, or to give to your new besties at camp!
- » **New! A is For Affirmation:** We never seem to have time for the important and meaningful art of writing and sending affirmation notes to others. This workshop gives you the time and the tools to write affirmations to friends and family.
- » **New! Stitch Like an Egyptian!** Did you know that needlepoint was first discovered in the cave of a Pharaoh who lived around 1500 BC? Easy to learn, this ancient embroidery art is back in style, and you can make some incredible designs!
- » **All Wrapped Up:** Use colorful yarn to create a work of art you can take home and hang on your wall!
- » **Cool Canvas Craft:** Grab a blank canvas and create a one-of-a-kind work of art that will represent our PHC 2023 theme and remind you of camp throughout the year.
- » **Cool Jewels:** Design and create your own jewelry using colorful beads, hemp, and embroidery thread.
- » **Crafting at the Spotted Canary:** Gather at this hallowed crafting cabin and take crafting to a whole new level!
- » **Cutesy Clay Creations:** Creating tiny, cute things out of clay.

ARTS & CRAFTS Continued

- » **Hair Hysteria:** New braiding techniques, hair wraps, and more!
- » **Journal Art:** Art journaling is for everyone, no special skills required! Learn how to put your thoughts, feelings, and inspirations into your prayer journal in a creative way.
- » **Photography:** Learn how to take great pictures and capture some unforgettable camp memories! Bring a digital or disposable camera if you can.
- » **Sharpie Obsession:** Sharpies galore to help you personalize your own ceramic mug or tile.
- » **Tie-Dyeing:** This craft never goes out of style! Bring something white— t-shirt, pillowcase, or socks to tie-dye.
- » **Watercolor Painting:** Learn the basics or perfect your talents as an artist.
- » **You Made That?!** Create a stunning DIY project.

PERFORMANCE/EXTREME FUN

- » **Back by Popular Demand! Cookie Decorating:** We give you big cookies, frosting, sprinkles and assorted candy. Your job is to create a colorful and yummy desserts for the entire camp! Tasty and messy fun you won't want to miss!
- » **Back by Popular Demand! Master Chef Jr.:** The best bread is homemade! Learn the trendy art of baking bread and feast on your very own loaf at dinner!
- » **All That Jazz:** So, you think you can dance? Learn an upbeat jazz group routine with friends to perform in the PHC Talent show!
- » **Broadway & Beyond:** This Broadway show tune will set your feet a dancing! Learn a choreographed group dance to perform at the famous PHC Talent Show.
- » **Dance Party:** You're invited to our Dance Party! Join us as we crank up the tunes and line it up for tons of fun.
- » **Drama Queen:** Develop your theater skills by participating in some hands-on drama activities.
- » **Heaven's Kitchen:** Grab some fresh ingredients from the PHC camp garden, stoke up the campfire, and cook up some tasty, healthy treats.
- » **Pinehillzercise:** Join this fun and powerfully effective 47-minute total body workout. Our "trained instructors" will lead you as you dance yourself fit!
- » **Singing with the Stars:** Join us for karaoke in the Big White Tent!
- » **Writing with Grace:** You have something valuable to say, and this workshop will give you the voice to express yourself through writing!