

# Summer Camp Activities

[www.horizonsct.org](http://www.horizonsct.org)

Horizons, Inc.

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Horizons is a residential summer camping program for children and adults who have developmental disabilities. Eligible campers are eight and older; the masters program during the first four weeks of summer camp is for campers who are over forty. Our residential recreational setting facilitates a variety of programs that are effective in increasing the emotional, social and educational growth of the campers. Our highly trained counselors and program instructors enhance each camper's self-esteem and self-confidence.

**General objectives of the camp program are to:**

- 1. Increase the independence and responsibility of the individual camper.**
- 2. Develop receptive and expressive language skills.**
- 3. Increase individual self-help skills.**
- 4. Develop interpersonal relationships.**
- 5. Introduce campers to a variety of experiences.**
- 6. Experience success.**

These general objectives are the basis for the specific programming and organization of Horizons. One of Horizons' unique features is its structured daily program that includes specific instructional areas.

**Physical Education** offers group sports and games such as volleyball, basketball, and throwing and catching skills which are excellent leisure time activities and enhance hand-eye coordination. Partner exercises aid campers in learning how to organize their body space as well as share space with others. Campers learn skills of the game, teamwork, hand-eye coordination and body awareness.

**Language Arts** develops listening and thinking skills as well as providing structured opportunities for discussion. New vocabulary pertaining to camp is introduced and each camper is given an opportunity to put new experiences at camp into words or pictures. Letter writing, computer time and opportunities to e-mail friends and family are part of this experience.

The **Art** program focuses on fine arts, teaching drawing and painting and creating works of art in the style of the world famous Master Artists. Easels, canvases, masonite boards, pallets, brushes, sponges, charcoals and quality watercolor and acrylic paints will provide campers with the tools they need to engage in this creative endeavor in a manner similar to a famous artist.

The **Camp Crafts** program teaches campers about pottery, candle-making, enameling, woodworking and other specialty crafts. Campers learn to hand-build various clay items using slab, coil or pinch methods. They learn basic techniques of glazing and staining their work. Campers are taught to use various equipment and, under supervision, use several tools.

In our **Pioneering Program** campers become familiar with the outdoor environment at camp through adventure walks, gardening and camping. Nature study of animals and plants, in addition to nature crafts and weather charting, make this an exciting and experiential program.

In **Boating** campers have an opportunity to learn about boating safety. Fundamental rowing, entering and exiting the boat, and proper use of life jackets are also covered in this program. Lifejacket provided.



**Horseback Riding** is highly individualized in accordance with each camper's experience and ability level. Campers are taught Western style riding, grooming, saddling and bridling the horse. Exercises on horseback, walking, turning, trotting and trail rides are also part of this program. In accordance with current industry standards, our horses may not carry weight in excess of 200 pounds. Campers who are unable to ride may participate in grooming and other related equine activities.

**Swimming** is another highly individualized program. During swim classes campers are taught individualized swim lessons depending on their current skill level. Afternoon group swims offer campers a chance to practice swimming skills taught in the morning, and an opportunity to enjoy the pool with their friends.

**Activities, Movement & Dance** combine several types of constructive lessons to develop appropriate leisure skills. They include pool, ping-pong, and board games along with skills and rules for group games so that campers will be better prepared to enjoy their leisure time. Dance, yoga and tai chi are an integral part of this program.

**Health & Fitness** is an important concept for our campers. Discussions surrounding food, healthy eating and healthy choices are emphasized. Regular workouts in our fully equipped Fitness Center focus on purposefully maintaining healthy habits. Regular exercise helps to develop appropriate fitness levels, gross and fine motor skills and flexibility.

**Music** is so popular with everyone that we feature it as a full time program! Campers will learn songs, Line-dancing, play music trivia and bingo. The campers will also learn the basics of playing a variety of instruments and appreciation of international and classical music.

**Drama** offers an opportunity for campers to be active and creative as they learn songs, storytelling with words or movement, dramatic techniques, and rehearse skits for a talent show.

**Hospitality Training & Education** provides interested campers with the opportunity to learn job skills. Campers are trained in specific jobs in accordance with their choice and abilities such as: setting up for meals, watering flowers, filling the soda machine, feeding the horses and many more! Participants enjoy special activities and a party at the end of each session. Work habits and job attitude are emphasized.

Horizons' **Evening Activity** program develops campers' socialization skills, appreciation for performers - both peers and professional - and pride in their own abilities. Activities such as theme nights, camp fires, movies, dances, performances by professional and amateur entertainers, talent night and group games are enjoyed by all.

We provide a specialized **Masters Program** for campers 40 and older during the first four weeks of our summer program. For more details, see enclosed flyer.

The staff at Horizons are chosen for their proven abilities with people who have special needs. Staff participate in a six day orientation, as well as ongoing staff development groups and weekly staff inservices. Our high rate of returning campers and staff is evidence to the success of Horizons.

Horizons receives support from foundations and agencies, such as the Hartford Foundation for Public Giving, the Probus Clubs of Connecticut and Massachusetts, and other organizations. Horizons is licensed by the Connecticut Office of Early Childhood, and is accredited by the American Camp Association.

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