



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**YMCA Camp Thunderbird
Overnight Camp
Activity Descriptions 2025**

Advanced Wake Sports

For campers who have experienced water skiing or wake boarding in the past, this is an extended session designed to help them build their skills on the lake! They will be pulled and instructed by trained instructors. *This is an add-on activity that requires pre-registration.*

Advanced Pottery

For campers who have experience in pottery and will be at camp for at least 2 weeks, this offers an extended timeframe for hand building and wheel throwing. Projects will be fired and glazed so they can be taken home at the end of their session. *This is an add-on activity that requires pre-registration.*

Aerial Adventure Course

Campers use smart belays to navigate themselves through over 20 elements among the trees. Our certified Course Operators encourage challenge-by-choice and help campers expand their comfort zones. To participate in the AA Course, campers must be at least 48" tall. Ziplines are available for campers at least 60" tall.

Archery

Campers will use compound bows to learn and hone their fundamental archery skills from certified instructors. As they gain accuracy and strength, targets will be extended to provide additional challenges.

Arts & Crafts

Arts & Crafts is a great opportunity for campers to have a fun, safe place to be creative and build relationships. Campers will have the chance to express themselves through a variety of different crafts.

Athletic Conditioning

Campers signed up for Athletic Conditioning will learn the value of hydration, exercise, and healthy habits while engaging in fun and challenging activities that promote physical fitness in our beautiful outdoor environment.

A.T.L.A.S. – Achievement Through Leadership and Service

This is a leadership development program for ages 15-16, designed to teach campers different leadership characteristics and qualities to encourage them to take on more challenging roles and responsibilities at camp, in their academic settings, and within their communities.

Backyard Games

Cornhole, Nine Square in the Air, Ladderball and more... this is a great activity for casual play and friendly competition.

Baseball/Softball

Through hands-on coaching, campers will have the opportunity to better develop their skills in throwing, catching, base running, batting, and fielding. If campers choose to bring their own gear, it MUST be well-labeled.

Basketball

Campers will be coached by experienced basketball players to improve their skills in dribbling, passing, shooting, layups, ball control, and games!

Challenge Course

Campers will climb our Alpine Tower while being belayed by our trained operators. Campers will be able to explore various routes and obstacles on their way to the top of the tower – not to mention flying through the air on our giant swing.

Cheer

Campers will get a chance to engage their cheer ability, dancing and creativity in this activity. They will participate in fun activities and learn exciting routines that they'll be able to perform at our talent show.

Dance

In these fun and energetic sessions, campers will learn various dance styles and techniques from our experienced staff. Campers will create their own dance routine to perform at our talent show.

Digital Media

Ever wanted to be a movie director? Campers have that opportunity at digital media! They will use iPads, the camp grounds, and each other to create short movies to be on display at camp.

Disc Golf

Campers will learn about the different types of discs and their advantages, practice techniques, and play on our newly designed 18-hole disc golf course that transverses all over camp property. If campers bring their own discs, they MUST be well-labeled.

Drama

Campers will get a chance to learn the hard work and details that are put into each production. Each 2-week session will be topped off by a drama production that campers can audition for and perform in front of camp.

Fishing

Campers will use a variety of cane, open-reel, and closed-reel poles to fish for blue gill, bass, and catfish. Advanced fishers seeking high-level points with our bandana program will have the opportunity to fish from our pontoon.

Football

Campers will have the opportunity to better develop skills in throwing, catching, kicking, punting, and defending through fun drills, games, and scrimmages – all led by our experienced staff.

Future Engineers

Through engaging, fun, and creative activities, campers will explore robotics, computer programming, rocketry and so much more – using Lego, iPads, and other media to transform their imaginations.

Gellyball

Gellyball is a low-impact game involving blasters and gel orbs, played in our paintball arena. It's high energy, fun activity and can be played as individuals or teams. Protective gear is provided.

Geocaching/Orienteering

Campers will participate in fun and creative activities with compasses and GPS units. They will learn to read way points and travel using a compass, degrees, and measuring their steps while referencing maps.

Guitar

In small classroom style teaching, campers will learn the basics of playing guitar and practice developing their skills. Campers will have the honor of playing Carolina Gave Me You at closing campfire on the last night of camp.

Horseback Riding

Campers will join group horseback riding lessons, where they will learn about basic grooming, care and respect for horses as well as English Riding techniques appropriate for their skill-level. All tack and safety gear is provided. Campers must wear long pants and boots with a heel. *This is an add-on activity that requires pre-registration.*

Lacrosse

Campers will get a non-competitive opportunity to learn the basics of lacrosse. Through hands-on coaching, campers will work on their skills in cradling, passing, catching, groundballs, and shooting.

Outdoor Living Skills

Campers will learn all about the different wildlife and plant life native to our region. Under the direction and supervision of staff, campers will get a chance to be hands on with turtles, bunnies, and snakes.

Paintball

Campers will join in high energy paintball competitions in our paintball arena. Camp provides all protective equipment, paintball guns, and paintballs. *This is an add-on activity that requires pre-registration.*

Pickleball

Campers will get an entry-level introduction to the game, learn the rules, play in matches and challenge each other while developing their own skills under the guidance of our experienced staff.

Pottery

This is a great opportunity for campers to get their hands dirty and express their creativity. Campers will work on both hand building and wheel throwing during pottery.

Riflery

Campers will be guided by a certified instructor in learning the five steps of shooting, learn the fundamentals of riflery, and appreciate the safety of the sport while using BB guns. They'll practice their aim from various distances and positions while attempting to hit a variety of different targets.

Soccer

Campers will get a non-competitive opportunity to learn the basics of soccer. Through hands-on coaching, campers will practice ball control, dribbling, passing, shooting, goal keeping, and corner kicks to improve their soccer skills.

Sports Sampler

Campers will get to try a variety of fun games, including gaga ball, kickball, 4 square, and even human foosball! With a mix of classic and unique games, campers will stay active, build teamwork skills, and most importantly, have lots of fun.

Tennis

Campers will spend their time learning the fundamentals of tennis in a non-competitive environment. Our experienced staff will help coach campers on their skills in serving, backhands, forehands, lobs, overhead and volleys.

Tree Climbing

Campers will ascend into the branches of our beautiful white oak trees and see camp from a new angle. They will learn how to ascend a rope into the canopy and come back down using specialized knots, guided by a certified instructor.

Ultimate Frisbee

Campers will work on the basics of high-energy ultimate frisbee. Our staff will work with campers on their backhands, forehands, hammers, cutting, and catching through drills, games, and friendly scrimmages.

Volleyball

In our sand volleyball court, campers will work on their serves, bumps, sets, spikes, and accurate passing. Staff will also help campers understand the rules of the game and practice through various drills and games.

Yoga

This is a fun and engaging way for campers to move, stretch, and relax. Through interactive activities and a variety of yoga styles and poses, campers will build flexibility, balance, and confidence while learning mindfulness techniques in a supportive and calming environment.