

Big Summer Camp

 ODU Recreation & Wellness 

AGE GROUP

6-12; campers must turn 6
by June 16, 2014

HOURS OF OPERATION

Normal Day: 9 a.m. - 4 p.m.
Extended Day: 7:30 a.m. - 5:50 p.m.



WEEKLY CAMPS

June 16-20: Outdoor Adventure Camp

June 23-27: Hometown Heroes Camp

July 30-July 4: Wacky Week Camp

July 7-11: Outdoor Adventure Camp

July 14-18: Pirate Camp

July 21-25: Sports Camp

July 28- August 1: Air & Space Camp

August 4-8: Hampton Roads Exploration Camp

August 11-15: Animal Adventure Camp



**OLD DOMINION
UNIVERSITY**

IDEA FUSION

Old Dominion University
Recreation and Wellness
4700 Powhatan Ave. Suite 1207
Norfolk, VA 23529
757-683-3384

For more information:
<http://www.odu.edu/summercamps>

CAMP DESCRIPTIONS

HOMETOWN HERO CAMP:

If you had a superpower, what would it be? Get ready for an adventure of heroic proportions while learning what it takes to be a Hometown Hero! Campers will get strong and mighty in the gym, create their own unique superhero name and persona, and design their own superhero emblem on a cape they can take home. In addition, campers will meet Hometown Heroes from the local police and fire departments, and will visit the Virginia Beach Police K-9 Training Center.

PIRATE CAMP:

Your young swashbuckler will be learning the way of the sea and the land by doing interactive activities such as using a compass and map and having fun on the high seas (swimming in the ODU SRC pool). The swashbucklers will also be learning pirate songs and creating pirate treasures! Campers will create pirates names, crew t-shirts and flags for the unique experience your camper will never forget! On the final day we will be setting the swashbucklers out on a real treasure hunt around the ODU campus to practice their skills in navigation and puzzle solving!

AIR & SPACE CAMP:

Expand your mind and explore the world of air and space. Each day we will soar to the world above for a fun filled day of adventure and exploration. We will play many games, try new activities, and learn a lot about the Universe along the way! This week will include a field trip to the Virginia Air and Space Museum in Hampton.

HAMPTON ROADS ADVENTURE CAMP:

There is so much to do in Hampton Roads! This camp will be a “Stay-cation” in which campers will explore the many wonders of Hampton Roads. This camp will include field trips to a number of local establishments to see how they work. Examples include, but are not limited to: behind-the-scene tours of the Norfolk Airport, a local grocery store, and a local donut shop.

ANIMAL ADVENTURE CAMP:

This is a great week for campers who love animals. In addition to learning about domestic and wild animals, campers will learn about the Rainforest and spend a day at the Norfolk Zoo and /or the Virginia Aquarium.

*Cost: SRC Member - \$190; Non-Member - \$215 *Filed Trip included*

Extended Day Fee Per Week: \$30 per child

10% sibling discount for each additional child per week (must be registered for the same week)

OUTDOOR ADVENTURE CAMP:

The Outdoor Adventure Camp is designed to introduce and challenge campers with a variety of adventures and opportunities. With outdoor education and exploration in mind, campers can expect to climb the rock wall, paddle a canoe, try geocaching, or go on an overnight trip with the ODU outdoor adventure staff!

(Optional Overnight Camping Trip: \$10; The overnight camping trip is for campers ages 9-12 only)

SPORTS CAMP:

While participating in a variety of sport and physical activities, campers will enjoy learning about nutrition, fitness, and healthy lifestyles. Noncompetitive activities include field and team games, yoga, hiking, swimming, and other outdoor lifelong pursuits. The sports camp curriculum is based on the principles of SPARK®, a revolutionary new science of exercise and the brain. Many local and national schools systems have implemented the principles of SPARK in the Physical Education curriculum. This camp will include an optional trip to a Norfolk Tides game. (Optional Norfolk Tides Game: \$15)

Cost: SRC Member - \$175; Non-Member - \$200

Extended Day Fee Per Week: \$30 per child

10% sibling discount for each additional child per week (must be registered for the same week)

WACKY CAMP:

This is a week to get crazy and let yourself shine through wearing the wackiest outfits you can think of! Each day will focus on a different “wacky” theme such as “crazy hair and hat day” or “inside-out and backwards day”. Games, activities and crafts will be as wacky as ever! This week is sure to be a crazy amount of fun!

Cost: SRC Member - \$140; Non-Member - \$160

(no camp on July 4th)

Extended Day Fee Per Week: \$20 per child

10% sibling discount for each additional child per week (must be registered for the same week)