



Activity List

Adapted Recreation and Games	Group and individual activities, skill building opportunities, and general sports utilizing both indoor and outdoor spaces.
Archery	Our archery range provides an opportunity for individuals of all abilities to learn basic safety, terminology, and general care of the equipment.
Arts & Crafts	This is a time to let your creative mind run wild. Campers will have the chance to paint masterpieces, share friendship bracelets, and much more!
Basketball	Offered both indoors and outdoors to overcome all weather obstacles. Basketball is a great sport for all abilities and skill levels
Bounce House	Our inflated bounce house with attached slide will provide a sensory sensation as you bounce and slide with friends.
Campouts	Take some time to visit our Tipi, camp in tents, and enjoy the great outdoors.
Canoeing & Paddle Boats	Experience our beautiful and peaceful lake by canoe or paddle boat. While partaking in various games.
Creative Dramatics	The world's a stage, and it's time to perform! Provides opportunities to participate in skits, songs, and dances. (Dressing up, improv, group pantomimes, etc.)
Cycling	Enjoy a ride in a Wike, on a trike, or a tradition bike at camp or local park.
Evening Activities	Camp wide activities including campfires, night hikes, movie nights, concerts, karaoke, and more!
Fishing	Cast out your line down at the lake's dock. Don't have a rod or tackle box? That's alright, we have plenty to share. Basic instruction and safety skills will be provided.
Nature Education	Explore the great outdoors learning about its different habitats, animals, and plants.
Sensory Room	A room for relaxing containing an assortment of activities that engage the 5 senses of sight, touch, taste, smell, and hearing.
Snow Activities	Adding snow to various activities opens a door to new experiences. Different activities may include, snow sculpting, snow painting, frosty toss, and ice bubbles!
Swimming	Fun activity for people of all ages. We will utilize the local YMCA or another therapy pool for various water activities.





Activity List

Astronomy	The sky is the limit, when you shoot for the stars. Learn about the solar system, map out different constellations, and enjoy a night under the moon.
Tie-Dye	Allow your creativity abilities to flow in our Tie-Dye program. Where opportunities are unlimited from socks to shirts to bandanas and other hair accessories.
Hiking	Explore the great outdoors at camp grounds or at other local park trails.
Day Trips	The Siouxland area has many exceptional programs and resources. Join the Camp High Hopes community at local events, community celebrations, and other recreational activities.
Monkey Tree	Monkey see, monkey do. Camp is a great place to monkey around and our Monkey Tree does it safely. Using climbing holds and top-rope belaying, this tree is perfect for any monkey, or camper, to safely climb a tree.
Much more	Why limit your experience to set programs, camp is always adding new opportunities to explore!

