

## Spring 2019 After Hours

Enrollment Option	Description	Camp Fee
<b>4-H - Campers in the Kitchen: February 6, 13, 20, 27, March 6, 13 (SpAF02)</b>	A new offering at Camp High Hopes! Join us to learn the importance of healthy eating and physical activity while making and eating healthy snacks! Please remember, campers must bring their own caregiver for support needs to After Hours sessions to help us focus on developing camper skills. Minimum number of participants required for session. \$25 camp fee due at time of registration and includes all supplies for activities. Wednesdays as scheduled from 6pm-7pm.	<b>\$25</b>
<b>Aerobic Drumming II: February 7, 14, 21, 28, March 7, 14 (SpAF03)</b>	Join us as we learn new skills and keep our heart rates up during Aerobics Drumming II! Please remember, campers must bring their own caregiver for support needs to After Hours sessions to help us focus on developing camper skills. Minimum number of participants required for session. \$25 camp fee due at time of registration and includes all supplies for activity. Thursdays as scheduled from 6pm-7pm.	<b>\$25</b>
<b>Disc Golf I: March 19, 26, April 2, 9, 16, 23 (SpAF04)</b>	The best combination of activities ever, frisbee and golf! Join us to learn how the ins and outs of Disc Golf and play your final session at a Disc Golf Course in Sioux City! Please remember, campers must bring their own caregiver for support needs to After Hours sessions to help us focus on developing camper skills. Minimum number of participants required for session. \$25 camp fee due at time of registration and includes all supplies for activity. Tuesdays as scheduled from 6pm-7pm.	<b>\$25</b>
<b>Aerobic Drumming I: March 20, 27, April 3, 10, 17, 24 (SpAF05)</b>	Who says you can't exercise and have fun? Not us. Have fun as you hone your drumming rhythm and get your heart rate up. Please remember, campers must bring their own caregiver for support needs to After Hours sessions to help us focus on developing camper skills. Minimum number of participants required for session. \$25 camp fee due at time of registration and includes all supplies for activity. Wednesdays as scheduled from 6pm-7pm.	<b>\$25</b>
<b>Archery II: March 21, 28, April 4, 11, 18, 25 (SpAF06)</b>	Enhance your skills learned in Archery I as weather warms and we head outside. Enjoy more time at the range as you learn to adapt archery to you and meet you goals. Prior completion of Archery I or approval required for enrollment. Please remember, campers must bring their own caregiver for support needs to After Hours sessions to help us focus on developing camper skills. Minimum number of participants required for session. \$25 camp fee due at time of registration and includes all supplies for activity. Thursdays as scheduled from 6pm-7pm.	<b>\$25</b>