

SPECIALTY CAMP DESCRIPTIONS

- **Basketball (ALL)** – Campers will learn the fundamentals of the game by doing dribbling, passing, and shooting drills. Campers will also work on free throws, play knock out, and play full games of 5 on 5.
- **Volleyball (8 & UP)** – Bump, set spike! Campers will learn the knowledge of positions and skills they need to play a game of volleyball.
- **Soccer (ALL)** – Basketball isn't the only sport with dribbling drills. Penalty kicks, corner kicks, defense, and more. Soccer campers will learn basic fundamentals, and play on games Camp Quillian's soccer fields.
- **Lacrosse (8 & UP)** – One of the nation's fastest growing sports; campers will be instructed on the fundamentals of lacrosse. Campers will all have their own stick to use, and will be well versed on cradling the ball by the end of the week.
- **Flag Football (ALL)** – Punt, pass, kick. Flag football has all of the speed and excitement of a football game, minus the tackling. Campers will learn the importance of squaring up to pull a flag, and other fundamentals of this safer alternative to tackle football.
- **Baseball (ALL)** – Campers will learn the basics of throwing and catching, hitting, pitching, fielding, and more. Baseball campers will also participate in batting practice from the pitching machine.
- **Ultimate Sports (8 & UP)** – Kickball, rugby, ultimate Frisbee, street hockey, and other sports that children may not get to play on a regular basis will all be a part of this specialty camp.
- **Back to Nature (8 & UP)** – Campers will go on nature walks at the various city parks and explore other nature activities related around Houston.
- **Golf (8 & UP)** – Golf camp will focus on golf fundamentals. Campers will learn how to chip, putt, hit iron shots, and learn golf etiquette. Golf campers will be transported to local driving ranges.
- **Camp News (8 & UP)** – Camp News is the perfect camp for the future journalists of Camp Quillian. Campers will interview counselors, other campers, and administrators about what is happening at camp. They will produce a newsletter for the camp at the end of the week.
- **Kid City (8 & UP)** – Participants in the specialty camp will have the opportunity see what happens behind the scenes at several Houston area restaurants and businesses.
- **Water Polo (8 & UP)** – Water polo is a fun way to cool off during the hot summer. Fundamentals of water polo will be taught as the campers scrimmage each other daily. PLEASE NOTE: Campers should be excellent swimmers before taking on Water Polo.
- **Adventures N Art (8 & UP)** – Arts and crafts galore! Campers will have various art projects throughout the week. Some weeks will have a weeklong project, while others have different ones daily.
- **Drama (ALL)** – Campers will learn a theater number and perform it at the end of the week for parents and other spectators. The piece will contain music and acting.
- **Cooking (ALL)** – The perfect camp to get your camper involved in the kitchen. Campers will learn how to bake goodies and enjoy eating them as well.
- **Hula Hoop Dance (ALL)** – Campers will learn dance routines, play hula hoop games, and learn fun hula hoop tricks.
- **Martial Arts (ALL)** – Learn basic martial arts moves from Elite MMA. Basic self-defense techniques will be taught, as well as other MMA moves.

- **CrossFit (ALL)** – CrossFit is a fast paced workout geared towards “strength and conditioning” that will keep campers on their toes.
- **Chess (ALL)** – An introductory class into the complex world of chess. Professional chess teacher Stormy Newton will have chess campers capturing the King in no time.
- **Tennis (8 & UP)** – Tennis camp teaches campers the proper way to hold a racket, hit forehand and backhand shots, as well as other fundamentals.
- **Cheerleading/Tumbling (ALL)** – 2, 4, 6, 8, who do we appreciate??!! Campers will practice proper stretching techniques, and learn basic tumbling techniques and camp-related cheers.
- **Swim Lessons (ALL)** – Campers will have the opportunity to take advantage of Red Cross Swim Instructions taught by Greater Houston Pool Management. Students will learn basic aquatic skills, the six strokes, and be able to progress at their own rate. Swim lessons are an additional \$40 per camper.
- **Dance (ALL)** – Quillian will have a new dance specialty camp instructor this year to teach modern dance. Campers will be active and learn the hottest dance moves.
- **Pinewood Derby (ALL)** – Campers will design, paint, and race pinewood derby cars to see who has the fastest car on the track.
- **VBS (ALL)** – Campers that sign up for Vacation Bible School will participate in the 2017 VBS program of First United Methodist Church.
- **Rock Climbing (ALL)** – Campers will start the week learning the commands of rock climbing. As they progress they will try to ring the bell at the top of the rock wall. Campers will also learn about free climbing, but don’t worry they will be supervised by our certified rock climbing instructors the entire time.
- **Discovery Science (ALL)** – Have you been looking for the perfect fun yet educational specialty camp? Look no further than Discovery Science where the campers will conduct scientific experiments and create projects that are sure to keep their brains sharp!
- **Rookie Sports (7 & UNDER)** – Rookie Sports specialty camp is for the athlete that is ready to play sports like basketball, baseball, soccer, flag football, or volleyball, but is age 5-7.
- **Rookie Golf (7 & UNDER)** – Our younger campers (ages 5-7) will be learning the fundamentals of golf. Campers will improve their form, learn to putt, and more.
- **Lil Artists (7 & UNDER)** – Arts and crafts galore for 5, 6, and 7 year-old campers. This new specialty camp was created to allow younger campers to use their skills to create age appropriate masterpieces.
- **Lego Mania (7 & UNDER)** – Lego Mania is great for the future engineer in the house. Campers will build various things throughout the week, and will all participate in a “tallest building” contest as well.
- **Fencing (ALL)** – Campers will be taught the basic rules and movements of fencing. As they progress, learn how maintain proper distance between self and opponent and they will perfect their foot work skills. Fencing is an additional \$20 per camper.
- **Boxing (ALL)** – Boxing specialty camp returns to Camp Quillian. Campers will be introduced to basic techniques of boxing through fun conditioning exercises. This specialty camp will teach campers self-defense, sharpen their ability to focus, and build their confidence. Boxing is an additional \$20 per camper.
- **Sign Language (8 & UP)** – Campers in our sign language specialty camp will learn the alphabet, numbers, colors, and much more.
- **Out of This World Art (ALL)** – Campers will explore our galaxy, creating out of this world creature, distant planets, and more using a variety of mixed media art techniques and materials.

- **Art Around the World (8 & UP)** – Campers will “travel” to different countries and create art based on those cultures. Campers will learn about pottery, painting, paper making, and more.
- **Snapology (ALL)** – This exciting specialty camp will provide a fun and safe environment for campers to learn math, science, technology, engineering and literacy concepts using Lego bricks and technology. Snapology is an additional \$20 per camper.
- **Music** – The First Methodist Music department will lead a specialty that teaches kids the basics of learning an instrument, reading music, and performing songs learned.
- **How Cool is That** – How Cool Is That is a STEM based class that uses legos and connex to teach children basics of engineering through open-ended problem solving.