**CADETTE SUMMIT 2020**

**PROGRAM DESCRIPTIONS**

All programs are 75 minutes in length unless otherwise noted.

Choose your own adventure! All participants will select her Saturday programs during registration. Girls will have 5 program sessions to schedule. A girl may choose to fill her schedule completely, or leave free time for walk-up programs or to relax and just hang!

*Remember*, this is not a troop event and girls coming together DO NOT need to sign-up for the same programs. This is an opportunity to try different things and meet new sister scouts in a safe/fun environment.

- Girls have up to 5 program sessions to fill (Sessions 1, 2, 3, 4, & 5)
  - Exception: If a girl chooses High Ropes, this activity takes two program sessions
- Girls may pick **up to 1 A** (blue) program, **2 B** (red) programs and **2 C** (white) programs.
  - Programs are listed and described below, and color-coded to differentiate program levels (during registration, program level will be listed as “A”, “B” and “C” only).
  - To schedule in optional free time, you may select “D. Free Time” during registration.
  - Please take into consideration additional requirements for certain programs. These must be followed for a girl to participate in that program.
- Girls will not be allowed to register for more than one program per session.
- Please ensure that you only sign up for the correct number of programs per level.
- Programs will fill on a first-come, first-choice basis.
- A program may be cancelled due to low registration. If this occurs, the participant will be contacted and a replacement program will be arranged.

Participants will NOT be able to change programs after registering.

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**A PROGRAMS**— Girls are able to schedule 1 A **(blue)** program

**ESCAPE ROOM**— (Session 1, 2, 3, 4 and 5) – 12 per session

Come and see if you and your group of sister scouts have what it takes to solve the series of puzzles, riddles and clues to “ESCAPE.” You will only have an hour and will need your best problem-solving skills. Are you up for the challenge?

**PAINT ALONG WITH ME CANVAS CREATION**— (Session 1) – 25 per session

Come relax and paint a picture to take home. Not an artist? NO WORRIES. You will be guided through painting the picture and end up with your own piece of art. The end results are always amazing.

**ABSTRACT ART**— (Session 2, 3, 4 and 5) – 10 per session

Try your hand at abstract paint mixing and spraying techniques. See a variety of options and try one technique on canvas and others on cardboard or wood discs as time permits.
**HIGH ROPE** - (PROGRAM RUNS 2 HOURS so a session will go over 2 program times (Session 1/2, Session 3/4, Session 4/5) - 12 per session

Get ready for your biggest challenge yet! Challenge yourself and cheer on your teammates as you tackle Camp Ledgewood’s High Ropes Course. High in the air you will attempt the Wild Woozy, Grapevine, Double Helix and more!

NOTE: All participants must weigh between 75-250 pounds. All participants must wear jeans for this program. This event will run in light rain.

IT MUST BE INDICATED ON THE HOLD HARMLESS FORM THAT A GIRL CAN PARTICIPATE IN THIS PROGRAM.

**ROBOTICS** - (Session 3 and 4) - 25 per session

Love STEM or science and figuring things out? This is the program for you. Come work on building a robot and seeing how you can program it.

**ZIP Lining** - (Session 1, 2, 3, 4 and 5) - 18 per session

Calling all adventure seekers! Soar above Camp Ledgewood and experience camp’s beauty from new heights.

Note: All participants must weigh between 65-250 pounds. All participants must wear jeans for this program. This program will run in light rain.

IT MUST BE INDICATED ON THE HOLD HARMLESS FORM THAT A GIRL CAN PARTICIPATE IN THIS PROGRAM.

**MACHINE SEWING** - (Session 1 and 2) - 8 per session

Learn the basics of machine sewing. Make a pillowcase to take home, and another to donate.

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**B PROGRAMS** - Girls are able to schedule up to 2 B (red) programs

**ARCHERY** - (Session 1, 2, 3, 4 and 5) - 15 per session

Come "hit the target." It does not matter if you have never done archery before or are an experienced shooter. All will learn something & have fun.

**BIRD HOUSES** - (Session 3 and 4) - 12 per session

Learn some basic woodworking skills and terminology while building a birdhouse to take home.

**CHOCOLATE MOLDING** - (Session 3, 4 and 5) - 12 per session

Make a variety of chocolates using candy molds and also some other fun treats dipped in chocolate. You will get to take your creations home and have some to taste as well. YUM!

**COOKING** - (Session 1, 2, 3 and 4) - 15 per session

Work in the new teaching kitchen. Learn to make a mini cheesecake from the graham cracker crust, to the cheesecake filling and the strawberry topping. YUM!
CREEKING - (Session 2 and 5) - 40 per session
The great outdoors is full of amazing things to see and do, but sometimes it’s hard to know where to start! Just come along and discover the fun of Ledgewood’s creek!
NOTE: All participants MUST bring an extra pair of CLOSED TOE SHOES OR BOOTS. Shoes will get wet and you MUST have dry closed-toe shoes while at camp. Crocs or flip-flops are NOT acceptable!

DIY BEAUTY MAGIC - (Session 1 and 2) - 12 per session
Come learn and make a variety of DIY spa products. From face scrubs to moisturizers. Makeup removers to lip balms and hair care. Learn how to use what you have around the house to make natural beauty products. Great for those with sensitive skin or allergies to commercially produced products.

DIY SPA - (Session 4 and 5) - 20 per session
From Bath Bombs and Bath Salts to Aromatherapy. Make spa making materials at camp to pamper yourself.

DREAM CATCHERS - (Session 3 and 4) - 18 per session
Learn to tie the basic knot then let your creativity take over as you make your own dream catcher. Decorate with beads and feathers.

DUCT TAPE - (Session 1 and 3) - 14 per session
Learn how to create some basic duct tape crafts or expand on your experience with additional projects.

FLEECE PILLOWS - (Session 1 and 2) - 12 per session
Come make a no-sew pillow. Go traditional no-sew tie or learn a "crochet" edge - you decide. Want to add a little bling and customize it - you will have time for that. Great for a travel or camp pillow.

LOW ROPE CHALLENGE COURSE - (Session 1, 2, 3 and 4) - 12 per session
Enhance your communication and cooperation skills while having fun as a team! Choose strategies that will help your team solve physical and mental challenges on this fun course tucked in the woods at camp. Everyone is a winner because you build a stronger team! NOTE: INDICATE THAT YOU CAN PARTICIPATE IN THIS PROGRAM ON YOUR HOLD HARMLESS FORM.

OUTDOOR COOKING PIE IRON CHEF - (Session 2, 3, 4 and 5) - 14 per session
It’s time to show off your mad cooking skills - around the campfire! You’ll receive a set of ingredients including access to a few specialty items, and it’s up to you and your partner to create two different delicious pie iron creations. You’ll be challenged to create something new and special! No cooking/baking experience required.
YOGA - (Session 4 and 5) - 40 per session
Bring a mat from home, or just a towel. Yoga adaptable to all body types and all levels of experience. Help your flexibility, improve your balance and relax. Who could not use a little relaxation and fun?

ZENTANGLE - (Session 1, 2, and 3) - 20 per session
Learn the art of this black and white doodling and after a little practice, you can design your own ceramic tile to take home with you.

C. PROGRAMS - Girls are able to schedule up to 2 C (white) programs

BOARD GAMES - (Session 4 and 5) - 20 per session
Sorry! Monopoly, Trouble. Get your group together, and battle on the board. Various board games available for 2 or 4 players or more. Come and play this afternoon.

BOTTLE ROCKETS - (Session 1 and 2) - 12 per session
Come build and launch your own bottle rocket. See what combination of ingredients makes the most powerful launches.

CANOEING - (Session 1, 2, 3, 4 and 5) - 14 per session
Practice those canoe strokes and relax on the water with a nice canoe ride! No experience needed to participate. Come learn if you're new or practice if you have canoed before.

CROCHETING - (Session 2, 3 and 4) - 12 per session
All skill levels welcome. Learn basic chain stitch and single crochet to make a scarf or more advanced skills like a square or other stitches. See what you can make with a ball of yarn.

FISHING - (Session 3, 4 and 5) - 20 per session
What better way to relax than to fish for a little while. No experience necessary.

GYM GAMES - (Session 1 and 2) - 20 per session
Work off some energy. Whether you want to play 4 square, capture the flag, or dodgeball. Join a group and play some games and have some fun.

HENNA ART - (Session 1, 3 and 4) - 14 per session
Learn the history of henna dying and participate in temporarily 'tattooing' yourself or each other with henna designs. NOTE: Henna is a temporary tattoo that dyes the skin from the pigment of henna and typically last 3-10 days.
**IMPROV THEATER GAMES - (Session 1 and 2) - 20 per session**
Play fun improv games that unleash your imagination, confidence, and spontaneity. Amaze yourself as you create stories and scenes on the spot. Discover how improvisation and acting can feel natural and effortless. No experience with improv or acting, no problem, this is a great place to start.

**INDOOR GAMES - (Session 4 and 5) - 20 per session**
Playing cup stacking games, two truths and a lie, or heads up 7 up, or other indoor games for a group. Lots of fun, bring your own game idea or learn a new game.

**NATURE HIKE - (Session 1 and 5) - 20 per session**
This guided hike allows girls to travel beyond the hiking trails of Camp Ledgewood and identify some common spring plants and trees. Come and explore.

**PLASTIC CANVAS - (Session 3 and 4) - 12 per session**
Come and learn basic needlepoint work. Simple and decorative stitches. Learn stitches that will allow you to complete a Girl Scout trefoil on a plastic canvas.

**RECYCLE ART - (Session 1 and 2) - 18 per session**
Using recycled materials, recreate Starry Night by Vincent Van Gogh. Have fun repurposing materials and make a masterpiece in the process.

**ROCK WALL - (Session 3) - 40 per session**
The Rock Wall will be available during lunch as a walk up program. However, if you want some extra time, or don’t want to tackle the wall with 100 of your friends, a smaller group will be getting more individualized attention in Session 3.
Sign up for this program to come and conquer your fears and ring that bell.

**SOCCER SKILLS - (Session 3 and 4 ) - 20 per session**
Beginner? Played for a while? - Either way, come out and play at Camp Ledgewood. Work on some footwork and ball skills. A perfect way to get your aerobic activities in for the day.

**STRING ART - (Session 1, 2 and 5) - 20 per session**
Create a piece of string art with floss, nails and wood. You decide on the design. Make a great piece for your room, while working on a requirement for the Cadette Woodworker Badge.
TIE-DYE EXTRAVAGANZA - (Session 2, 3, 4, and 5) - 20 per session
What is camp without tie-dye? Come learn some different patterns
and techniques with tie-dye. NOTE: Participants will need to bring items
(up to 2) they wish to dye: white t-shirts, socks, shoes, pillow cases,
bandanas, hats, scarves. (Small items!)
**(Pre-washed items without fabric softener, 100% natural fiber - cotton,
silk, etc. have best results.)

FREE TIME - Want to “schedule” a program session that is open and free? Use that time to
just relax, or stop by one of these “walk-up” programs!

**You do NOT have to sign up for Free Time to participate in a walk-up program as these
activities will be available the majority of the day.

ARTS and CRAFTS “BASEMENT” and FRIENDSHIP BRACELETS -
Come let your imagination and creativity soar. There will be a wide variety of materials that are
available and you can make whatever inspires you!

SPORTS and GAMES -
Gaga and more. Gather up some friends (new and old) and pick a game to play.