

NorthBay Skills Program

Prior to arriving at NorthBay, campers will have ranked the top five skills they want to learn. NorthBay will give the camper a schedule using **THREE** of those skills. As the camper's skill progresses, he or she will attend lessons being taught at his or her skill level regardless of age. We have added **4** new skills this year! Sign up early, because some of our skills fill up quickly!

Paddling is exciting for beginning canoers to advanced kayakers. The course will cover basic terminology, strokes, and techniques including draws, push-aways, sweeps, landings, J-strokes, ferrying, eddy catching, and open water rescues.

Sailing teaches techniques such as boating safety, knots and nomenclature, boat rigging, basic and advanced sailing skills, capsizing, jibing, landing, docking, and rules of the water. NorthBay's location on the upper Chesapeake Bay provides freshwater and a consistent light wind for sailing on a fleet of both monohulls and catamarans.

Wilderness Living is designed to teach the skills of self-sufficiency in the forest including shelter construction, fire by friction, animal tracking and stalking, edible plants, flint knapping, and tool making.

With a 25 yard lap pool and a mile of protected bay waterfront, **swimming** class covers the four strokes - breaststroke, backstroke, freestyle, and butterfly – as well as endurance swimming, breathing techniques, and safety.

Mountaineering encourages campers to reach new heights through rappelling, backpacking, knot tying, advanced ropes course training, ropes rescues, leave no trace camping, and tree climbing.

Filmmaking introduces campers to video production and editing in a setting conducive to filming adventure activities, extreme documentaries, and aquatic research. Campers are provided with Sony camcorders and Macintosh computers to edit and compile their footage using iMovie.

Pioneering gives campers a unique opportunity to see life as it was two hundred years ago. Campers learn about organic farming, composting, blacksmithing, cooking over a fire, making ice cream, and caring for pigs, goats and chickens.

Rock Climbing utilizes both the indoor and outdoor climbing walls at NorthBay to train campers on safety, ropes, bouldering, knots, technique, belaying, and lead climbing. By the end of the week, campers are encouraged to put their skills to the test on a rock climbing excursion to Rock State Park.

Mountain Biking is a fast paced, extreme sport for those who love to get dirty, tackle obstacles, and pedal hard to reach the next downhill. Our trails range from novice to expert with all levels in between. Instruction focuses on form, safety, shifting, braking, endurance, trail and bike maintenance, and riding technique.

A carryover from the school year program, **Extreme Science** introduces campers to distinct ecosystems - such as wetlands, forests, canopy and mountain laurel biomes - for a detailed look at wildlife relationships. Campers work to collect specimens, measurements, and live data which is in turn reported directly to the Department of Natural Resources.

Arts and Crafts gives campers the opportunity to express their creativity with friends under the direction of an experienced art teacher. Mediums and projects include: watercolors, paper maché, clay pottery, charcoal, collage and sculpture, murals, and more.

Archery is a sport that has changed little over the course of history, but one that consistently improves self awareness, coordination, and focus. NorthBay's archers learn about safety, technique, scoring, equipment, and terminology on a secure archery field located on upper camp.

Land Sports give campers an opportunity to expend energy playing traditional games like soccer, lacrosse, football, basketball, and softball with some special NorthBay twists. Team spirit and positive sportsmanship are always a focus, along with getting dirty and having fun.

NorthBay's **Drama/Dance** skill gives the campers an opportunity to express themselves through the production of their own skits, plays, and dances from traditional theatre to improvisation and hip-hop to ballet. Our state-of-the-art theater provides a perfect venue for performances.

Waterskiing/Wakeboarding provides an opportunity for novice campers to experience these water sports for the first time or for experts to perfect their techniques including slalom, tricks, barrel rolls, hand signals, partner skiing, safety, wake jumping and more.