



Choice Program Class Descriptions 2018

PERIOD 1

OUTDOOR SPORTS

All Ages

Athletics

Start your day with a power walk to the park! You'll spend time outdoors in our very own backyard of Central Park, while competing with fellow campers and counselors in your favorite sports. We'll play kickball, flag football, soccer, capture the flag, relay races and much more.

INTRO TO 3D PRINTING

All ages

Science

What do an octopus, a keychain and the empire state building have in common? You can 3-D print them all! Learn how to design files, 3D print, and much much more in 3D Printing Press!

MUSICAL: MARY POPPINS

All ages

Performing Arts

It's "A Jolly Holiday" at CAA this summer with Mary Poppins as our musical! Sign up for this class and have two whole periods worth of musical magic with Mary and Bert! Don't delay and "Step in Time" before all the spots are filled! Can't wait to have a "Supercalifragilisticexpialidocious" time with all of you!! **NOTE: You must sign up for both periods 1 and 2!**

POP STARS

All ages

Dance

Do you want to dance like your favorite singer? Let's dance to the latest hits of today's popular singers and make our own music video!

ADVANCED: PROJECT COUTURE

Ages 10-14

Design

Ability to thread a machine necessary

Advanced sewers, design your own projects! It could be a personal quilt, skirts, aprons, tote bags, pillows or stuffed animals—you choose. This class takes your technique to the next level while encouraging you to explore your creativity.

NEWSPAPER: THE HEART BEAT

All ages

Journalism

Extra! Extra! Read all about it! From front-page headline news to interviews, movie reviews, and the sports section, *The Heart Beat*, CAA's daily newspaper, offers a million opportunities to see YOUR name in PRINT. Do you have what it takes to be an ace reporter?



READY TO ROCK

Music

Ages 8-11

Ready for the jam sesh of the summer? Come learn the basics of rock and roll and play with your friends, plus a rockin' performance on the last day of camp. Basic knowledge of an instrument required.

ART IN THE PARK

All ages

Art

Take a hike to paint and draw "en plain air" in outdoor spaces, including nearby Central Park!

WEARABLE ART

All ages

Design

You *are* fashion from your head to your toes. Learn cool and creative ways to make jewelry, accessories and, well . . . wearable art! From making wallets out of duct tape to tie-dye t-shirts, you'll be a walking masterpiece by Festival Day!



PERIOD 2

INDOOR SPORTS CHALLENGE

All ages

Athletics

Challenge yourself and your friends with a variety of team and individual sports. Each day might include indoor soccer, basketball, badminton and relays! Sharpen your skills and test your competitive edge... and have fun!

SHERLOCK SCIENCE

All ages

Science

Are you a detective at heart? Reveal your inner sleuth with this forensic science class. Analyze fingerprints and fibers, document evidence and uncover the mystery of whodunit. Whip out your magnifying glass- it's time to investigate!

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CIRQUE de CAA!

All ages

Performing Arts

Drumroll, please! Over at le Cirque de CAA, you will learn juggling, perform gasp-inducing feats of balance (we have a tightrope!) and pick up basic acrobatic skills. We invite you to run away and join our circus!

MUSIC VIDEOS

All ages

Video

Like Beyoncé? Bruno Mars? Shake it off, these people have nothin' on you! Showcase your style, your rap skills or your dance moves by turning the latest pop songs into music video sensations—starring you!

TAP

All ages

Dance

Hear those dancin' feet! Get your tap shoes and let's dance. Come play with rhythm and learn the basics of tap.

ADVANCED: SONGWRITING

Ages 10-14

Music

Have a song in your heart? In this class we'll learn about composition and the art of creating your own song!



PUPPET PARTY!

All ages

Art

Acting and art in harmony! We will explore making puppets and sets in a variety of styles and materials, building up to performing an epic story on stage and on camera!

CRAFT AROUND THE WORLD

All ages

Art

Grab your passport and get ready for a crafting adventure! This July we'll travel the world learning, making and celebrating Arts and Crafts from cultures across the globe. All without leaving the art room of course!



PERIOD 3

YOGA STRETCH

All ages

Dance/Athletics

The perfect way to a calm day! Stretch and strengthen your body while centering your mind. Relax and achieve your inner peace!

VIDEO NEWS: *Heartline*

Ages 9-14

Video

All the news to survive camp! The *Heartline* news team reports all the big stories in a way that is always fun, wacky and informational! Zombie attack? CITs with super powers? We're on the job!

DANCE 'N GYMNASTICS

All ages

Dance/Athletics

Combine cartwheels, rolls and handstands with some of your favorite dance moves! Strengthen your flexibility and extend your stretches. We will tumble and shimmy our way through the summer...

SEW VERY AMAZING

Ages 9-14

Design

Basic experience necessary

Improve your sewing and quilting skills and master the machine! You will design hot pads, tote bags, pillows, stuffed animals, quilts, aprons, tissue holders and even some clothing items! Boys are also encouraged to learn to master the machines and enjoy making items for friends and family!

POETRY IN MOTION

All ages

Performing Arts

There are many ways to tell stories. Words, pictures, poetry, etc. But how can dramatic movement help bring that story to life? Come write short stories, poetry, adventures and epics and then bring those stories to life by acting it out!

PHOTO PHANTASY

All ages

Art/ Technology

Have you ever wanted to be somewhere you can't or that's too far away like maybe on the top of the Eiffel Tower or in Hawaii? Join Photo Phantasy and you'll learn how to use Photoshop to superimpose yourself to that special place! You will also learn how to add filters, exaggerate, color and alter images - taking them from good to amazing!



ROCK BAND

Music

Ages 10-14

This summer is gonna ROCK! Learn to play songs from Justin Bieber to Maroon 5—and beyond! Our rock band is the coolest act out there. They perform at Noontime Shows and are featured at the July Benefit concert. Note: This class is designed for musicians who are pretty confident and experienced. Those who are still learning their instruments should try Ready to Rock (period 1).

ENGINEERING FOR ARTISTS

All ages

Art

Turn your ideas into reality! Makers will design, create and carve custom designs and build projects with endless possibilities using computers and a CNC router!



PERIOD 4 - 1 East 91st Choices

**** NOTE** - For Periods 4 and 5 campers can choose to **EITHER** stay at 1 East 91st for **BOTH PERIODS** or go to the Athletic & Wellness Center for **BOTH PERIODS**. **Bus is PROVIDED** to take campers to the Athletic & Wellness Center.

For example: campers cannot choose a class at 1 East 91st for Period 4 and the Athletic & Wellness Center for Period 5. Campers must select classes at **ONLY ONE** location for Periods 4 and 5.

CAA REALITY SHOW: *THE CHALLENGE*

Ages 10-14

Video

Two teams will compete on a variety of camp-centric tasks that are sure to challenge creativity and wits. The competition will be filmed and aired to the entire camp. So are you up for the challenge?

BUILD-IT/BREAK-IT

All ages

Science

Do you have a knack for construction and destruction? First, channel your inner engineer to build structures galore, then tap into your inner Godzilla to push your creations to the brink of failure- all in the name of science!

UKULELE

All ages

Music

Have you ever seen anyone frowning while holding a ukulele? Absolutely not! In this class you'll learn basic uke strums and techniques plus fun ukulele songs. You'll be carelessly strumming songs from your first day and by the end of the first week you won't be able to put it down!

CABARET CAA

All ages

Performing Arts

Life is a cabaret my friend, come to the cabaret!" Join the cabaret and sing with your friends. On Festival Day we'll perform what we've put together and have a fun demo of solos, duets, and group numbers! Come sing with us in Cabaret!

SEW AMAZING

All ages

Design

Beginners only

Camper - meet sewing machine. Learn to make pillows, bags, stuffed animals and even a small quilt. Learn to press and iron, too! Bring your enthusiasm and (eventually) a big bag to bring all your creations home!



CAA IMPROV CREW

All ages

Drama

Do you enjoy music? Do you enjoy putting on scenes and playing games? Then why not combine the two of them in one awesome class. Through improvisational games and music/movement, campers will explore the connections between movement and acting as well as comedy.

ADVANCED: STUDIO ART

Ages 11-14

Already an accomplished artist? Then this class is for you! We'll work together to hone your skills in painting and drawing, and learn the basics about putting together a portfolio.



PERIOD 5 - 1 East 91st Choices

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ADVANCED: 3D PRINTING

Ages 10 -14

Science

Are you up for a challenge? A STEM design challenge, that is! If you have experience with 3D modeling and design, or just consider yourself a “maker” with wild ideas, this is the class for you!

SHARK TANK: FULL STEAM AHEAD!

All ages

Tech/Art

Calling all mad scientists and innovative artists! In this class, you will use your engineering brain to complete and compete in design challenges. Workshop your ideas using science, technology, engineering, math, and most importantly, ART! Can you design the next great invention that can revolutionize the world?

ADVANCED: BROADWAY DANCE

Ages 10-14

Performing Arts

Learn original choreography from Broadway shows in this dance master class! By Festival Day you'll be a Broadway Baby!

GLEE

All ages

Performing Arts

“Glee” means great delight or joy. If singing brings you pleasure, this is the class for you! Solos, group numbers, choral ensembles—we will do it all. Get ready to sing your heart out!

LET'S MAKE A KITE: SETS AND COSTUMES FOR MARY POPPINS

All ages

Art/Design

Ever wonder how theater magic is made? In this class you'll learn the backstage secrets of putting on a show! Help to design and make the costumes, sets and lights for *Mary Poppins* - flying kites and all!



MIX MEDIA MADNESS

All ages

Art

Do you love art? If the answer is yes, then this class is for you! Let your creative side run wild and explore painting, collaging, printmaking, sculpture and more.

GET INKY!

All ages

Art

Expand your creativity and try your hand at several different styles of printmaking! We will be exploring screen printing, monoprinting, string painting, stamping, and much more; Let's get inky!



PERIOD 4 - Athletic & Wellness Center (406 East 91st St) Choices

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MINI BASKETBALL

Ages 8-11

Using one of the two full size basketball courts, we'll work on individual skills or play small sided games. As beginner players, you will be able to learn the basics to and become a better player.

BASKETBALL

Ages 11-14

Using one of the two full size basketball courts, we'll work on individual skills or play small sided games. As experienced players, you will be able to develop your game and become a better defender or attacking player.

SWIMMING

All ages

Instructional (Monday & Wednesday) Recreational (Tuesday & Thursday)

Cool off in our NCAA-size swimming pool while playing water games and improving your swimming skills. Instructors will lead lessons two days each week, developing technique to make it easier for you to move through the water. The other two days, students will participate in games like Sharks & Minnows, Water Polo, and Marco Polo.

BOOT CAMP FITNESS

Ages 10-14

In a state of the art weight room, you will have the opportunity to learn how to use treadmills, weight machines, free weights and spin bikes to strengthen different muscle groups and improve your heart rate. You will have the opportunity to design your own work out under the guidance of experienced teaching staff. "We're gonna pump YOU up"

ZUMBA

All ages

Athletics/Dance

Let it MOVE you! Come join the Party and groove to the Latin beats that celebrate world rhythms. So much fun it won't feel like a workout at all!



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SOCCER

All ages

Copa America and UEFA soccer tournaments are going on in June and July. You can become your own Lionel Messi, Cristiano Ronaldo or Alex Morgan. Futsal is an internationally renowned indoor soccer game. You will play small-sided games and develop your soccer skills. Play *the "beautiful game"*.

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TABLE TENNIS

All ages

Whether you are a beginner or a novice, you can have fun playing singles or doubles. Learn how to serve, keep score, apply spin to the ball and smash. This is a fun activity for all ages.

FITNESS

All ages

You will have the opportunity to design your own work out under the guidance of experienced teaching staff. "We're gonna pump YOU up".

B.A.M./BARRE

All ages

Athletics/Dance

Ballet, Modern and Fitness - the perfect combo! Improve your posture, flexibility and technique as you point your feet, stretch your limbs, feel the earth and reach for the sky!