



SUMMER

SAINT MARY'S SCHOOL

900 Hillsborough Street, Raleigh, N.C. 27603 | 919-424-4029 | www.sms.edu/our-programs

SMS 2023 CAMP

Week	Camp	Grades	Cost
1 - June 12-16	Art Camp	1-4	\$350
	Basketball	3-5	\$350
	CSI Saint Mary's	5-8	\$350
	Let's DANCE Workshop	3-7	\$350
	Saints Sports Camp	1-5	\$350
	Tennis Academy for Beginners	2-6	\$350
	Yoga and Wellness	3-8	\$375
2 - June 20-23 (4 days)	Basketball	3-5	\$350
	CSI Saint Mary's	5-8	\$350
	Let's DANCE Workshop	3-7	\$350
	Saints Sports Camp	1-5	\$350
	Tennis Academy for Beginners	2-6	\$350
	Volleyball	5-8	\$350
	Glam Camp	4-8	\$350
	Illustration Camp	4-7	\$350
June 18-22	Miss Nancy's Manners Camp (Residential)	4-8	\$1,200
3 - June 26-30	Art Camp	1-4	\$350
	Saints Sports Camp	1-5	\$350
	Tennis Academy for Intermediate Player	4-8	\$350
	Yoga and Wellness	3-8	\$375
	Acting for Theatre (Weeks 3 & 4 Combined)	3-7	\$700
4 - July 10-14	American Girl Doll Camp	1-4	\$350
	Art Camp	4-8	\$350
	Saints Sports Camp	1-5	\$350
	Tennis Academy for Beginners	2-6	\$350
	Volleyball	5-8	\$350
	Yoga and Wellness	3-8	\$375
	Acting for Theatre (Weeks 3 & 4 Combined)	3-7	\$700
5 - July 17-21	American Girl Doll Camp	1-4	\$350
	Basketball	3-5	\$350
	Lil' Fashionistas	4-7	\$350
	Saints Sports Camp	1-5	\$350
	Tennis Academy for Intermediate Player	4-8	\$350
	Glam Camp	4-8	\$350

Week 1: June 12 - 16, Monday - Friday
Week 2: June 20 - 23, Tuesday - Friday
Week 3: June 26 - 30, Monday - Friday
Week 4: July 10 - 14, Monday - Friday
Week 5: July 17 - 21, Monday - Friday

Camp hours, unless otherwise noted:

9 a.m. - 3 p.m.

Extended Care:

Morning Care: 7:30 a.m. - 9 a.m., Mon-Fri, \$150

Afternoon Care: 3 p.m. - 5 p.m., Mon-Fri, \$150

Registration opens: 1/18/23

Payment is due at the time of registration. Deposit and final payment due April 1, 2023.

Camp sizes are limited to 20

Camps are available on a first come, first served basis.

Grade groups are based on a student's grade level for the 2023/2024 school year.

CANCELLATION POLICY: Summer@Saint Mary's program cancellation requests made BEFORE May 1 will be entitled to the full amount paid minus a \$50 processing fee. Cancellations made AFTER May 1 and prior to the start of the registered camp program will NOT be refunded including the deposit.

DAY CAMPS:

American Girl Doll | Week 4 (July 10-14) Week 5 (July 17-21) 9 a.m.-3 p.m. | Grades 1-4 | \$350 Per Week

This camp will celebrate young girls and all that they can be. We will try to speak to their imagination and teach them the importance of friends and family. We will use role play and other fun activities to entertain, educate and inspire them. The Etiquette section will include written notes, making proper introductions, and using proper manners. We will learn to use kindness, ask questions and how to be a good friend. We will set a proper table, learn the correct way to drink hot tea from a teacup, and eat hot soup with a spoon. Finally, we will help set up a proper tea table for our end of the week Tea with our dolls. Each day, the girls will have time to play with their dolls and create crafts that are tied to our daily lesson. Swimming and outdoor activities will be a part of the daily activities. Make sure you come with your favorite doll for a week full of fun!

Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Art Camp (Art) | Week 1 (June 12-16) Week 3 (June 26-30) 9 a.m.-3 p.m. | Grades 1-4 | \$350 Per Week

Unleash your child's imagination this summer! Working in our beautiful sunlit painting studio, art camp will provide children an introduction to several forms of visual art. Each day, campers will explore mediums including drawing, painting, collage, and mixed media with a focus on our *artist of the day*. Each day, campers will have some time outdoors and will get to swim. Get ready to have some fun!

Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.

Art Camp (Art) | Week 4 (July 10-14) 9 a.m.-3 p.m. | Grades 4-8 | \$350 Per Week

Art Camp provides 4th - 8th grade girls the opportunity to explore their creativity through the visual arts. Working in our beautiful sunlit painting studio, your artist will explore different media while learning some basic skills and techniques. This year, we will come back with favorite activities such as hand-painted

parasols to new activities such as learning about texture and mixed media thru mini-canvas projects. Campers will get to explore mediums that they may not have had a chance to do during the school year, such as acrylic and watercolor. Campers will also have time to swim each day.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Basketball (Sports) | Week 1 (June 12-16) Week 2 (June 20-23 – 4-day week) Week 5 (July 17-21) 9 a.m.- 3 p.m. | Grades 3-5 | \$350 Per Week

This five-day camp for girls will concentrate on the fundamentals of the game, providing each camper with a sound foundation to facilitate and enhance future improvement. Campers will receive encouragement and reinforcement to make this camp a mix of learning and FUN. Each day will consist of fundamental stations, contests, 3-on-3 games, and 5-on-5 games. This camp will help campers understand the meanings of a team and sportsmanship. Campers will also have time to swim each day during camp.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

CSI Saint Mary's (STEM) | Week 1 (June 12-16) Week 2 (June 20-23 4-day week) 9 a.m-3 p.m. | Grades 5-8 | \$350 Per Week

Have you ever wanted to be a crime scene investigator? Get hands on experience investigating the death of a fictitious person through the collection of evidence. Activities will be including lifting and analyzing fingerprints, blood spatter analysis, crime scene sketching, analysis of stomach contents, and DNA investigations including gel electrophoresis. CSI camp is structured to highlight the importance of learning how to collaborate in teams all while building one's own knowledge foundation and confidence through their own individual efforts while working through a simulated crime scene. Your CSI will have a break for lunch and pool time each day during the week.

Items needed for camp: Lunch, snack, water bottle, bathing suit, towel, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Let's DANCE Workshop (Performing Arts) | Week 1 (June 12-16) Week 2 (June 20-23 4-day week) 9 a.m.-3 p.m. | Grades 3-7 | \$350 per week

A full day camp for the beginner dancers. We will have introductions into many genres of dance including ballet, jazz, modern, hip-hop, improvisation, etc. Campers will have the opportunity to create their own movement phrases through personal writing, storytelling, and group discussions. The day will also include outdoor free play, pool time, and a snack and lunch break.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Lil' Fashionistas (Arts) | Week 5 (July 17-21) 9 a.m.-3 p.m. | Grades 4-7 | \$350 Per Week

Did you ever wonder how colors, prints, details, and accessories become the new style? During this workshop you will learn how fashion experts get inspiration to create the next big trends. We will research our favorite fashion bloggers and visit with local boutique owners to learn about the latest trends and see similarities in each shop. We will watch clips from the different Fashion Weeks around the world and study how different brands promote their merchandise. Throughout the week, we will create our own fashion Instagram page and finish with a fashion show featuring our designs using items we already have... and a few we embellish. After this week, you will be thinking about all the exciting career opportunities that are available in the fashion industry!

Items needed for camp: Lunch, snack, water bottle, bathing suit, towel, and flip flops. Please bring one clothing item that can be recycled into something new. Please label all belongings and apply sunscreen prior to arrival each day.

Saints Sports Camp (Sports) | Weeks 1-5 (June 12-16) (June 20-23 4-day week) (June 26-30) (July 10-14) (July 25-29) 9 a.m.-3 p.m. | Grades 1-5 | \$350 Per Week

Saints Sports Camp is one of our most popular camps! This is an all-girls camp where girls are grouped by age, for small group instruction with an 8:1 ratio of children to counselors. Introduced to the fun and exciting, age appropriate, world of team play and outdoor activities. Participants are taught an appreciation for multiple athletic activities, participation, sportsmanship, and physical fitness. They will gain a deeper understanding of athletics through individual, and team play in an environment that promotes enjoyment and healthy competition. They will have outdoor and indoor activity sessions that will include introductions to different team building skills, arts and crafts, and time in the swimming pool.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Tennis Academy for Beginners (Sports) | Week 1 (June 12- 16) Week 2 (June 20-23 4-day week) Week 4 (July 10-14) 9 a.m.-3 p.m. | Grades 2-6 | \$350 Per Week

This camp is open to rising 2nd-6th graders with little or no previous tennis experience. Players will have the opportunity to learn basic tennis skills that can be used throughout their playing careers. Throughout the week, they will learn the fundamentals of tennis, including ground strokes, volleys, serves, and score keeping. The daily schedule consists of drills, competitive games, and pool time. After this week, campers should feel confident with the fundamentals of tennis and strive to continue with the sport.

Items needed for camp: Lunch, snack, water bottle, bathing suit, towel, flip flops, tennis shoes and tennis racquet. Please label all belongings and apply sunscreen prior to arrival each day.

Tennis Academy for the Intermediate Player (Sports) | Week 3 (June 26-30) Week 5 (July 17-21) 9 a.m.-3 p.m. | Grades 4-8 | \$350 Per Week

This camp is open to rising 4th-8th graders with previous tennis experience. Utilizing Saint Mary's beautiful outdoor tennis courts, the players will be grouped by skill level and will be given the opportunity to improve their skills in a fun and encouraging atmosphere. The daily schedule will consist of drills, competitive games, match play, footwork training, tennis strategy, and pool time. Players will work on the following: ground strokes, volleys, overheads, serves, and singles and doubles play. This camp will help further develop the players' skills especially in preparation for middle school tennis.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towel, Tennis shoes, flip flops and tennis racquet. Please label all belongings and apply sunscreen prior to arrival each day.

Volleyball (Sports) | Week 2 (June 20-23 4-day week) Week 4 (July 10-14) 9 a.m.-3 p.m. | Grades 5-8 | \$350 Per Week

This camp will prepare girls for middle school volleyball while building upon an elite level mind-set. The camp will feature age-appropriate conditioning and training to prepare individuals both physically and mentally, for the next level of athletic competition. This is a great program for girls that have been playing volleyball for less than a year. In addition to practice on the court, the camp will utilize strength conditioning, accountability and leadership, volleyball IQ, nutrition, the importance of being a good teammate and sportsmanship, and time to cool off in the pool. A tournament will wrap up the week-long camp.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towel, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Yoga and Wellness (Fitness) | Week 1 (June 12-16) Week 3 (June 26-30) Week 4 (July 10-14) 9 a.m.-3 p.m. | Grades 3-8 | \$375 Per Week

Throughout this week, girls will experience yoga, mindfulness, goal setting, relaxation, and self-care. Each day will include yoga poses, games, crafts, and spa time. Spa time features manicures and pedicures, face masks, and essential oils; crafts include creating eye pillows, mandalas, glitter jars, and more. Girls will get to keep their crafts to be equipped with tools to continue mindfulness practices on their own. If you are looking for a fun week that promotes overall happiness and health, this is the camp for you! Girls will also have time to swim each day!

Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Acting for Theatre (Performing Arts) | Weeks 3 & 4 combined (June 26-30 & July 10-14) 9 a.m.-3 p.m. | Grades 3-7 | 9 a.m.-3 p.m. | Grades 3-7 | \$700 Both Weeks

A ten-day beginner theater intensive that will familiarize your child with all things acting! Collaborate with fellow actors to create short plays, hone your improv skills, and learn about the audition process! This camp is perfect for students looking for an introduction to acting or experienced actors who want to challenge themselves with new scene work and monologues. Come play with us as you gain self-confidence, improve public speaking skills, create amazing stories, and support your fellow actors with active listening. At the conclusion of the second week, you will be given the opportunity to perform live in a coffee house type setting. Campers will have snack and swimming time each day.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towel, flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Glam Camp (Beauty) | Week 2 (June 20-23 4-day week) Week 5 (July 17-21) 9 a.m.-3 p.m. | Grades 4-8 | \$350 Per Week

This course teaches all things beauty! From the basics to the breathtaking! This basic beauty camp teaches basics of beauty, makeup trends, fashion makeup, Hair style trends and nails! Glam Camp provides guided instruction and support for the pace of each camper while encouraging engagement and camaraderie with peers and project-based makeup and beauty instruction. Learn about the newest makeup and beauty trends and discover the basics of makeup applications. Campers will also enjoy pool and snack time each day!

Items needed for camp: Lunch, snack, water bottle, bathing suits, towel, flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

Illustration Camp (Art) | Week 2 (June 20-23 4-day week) 9 a.m.-3 p.m. | Grades 4-7 | \$350 Per Week

During this week of creative art, campers will dive into the world of illustration. They will start by looking at picture books, examining what effective illustrations look like. After getting familiar with different illustration styles, campers will have the chance to design their own stories! Different days will focus on character design, setting design, and storytelling. Campers will also have swim time, along with snack and lunch.

Items needed for camp: Lunch, snack, water bottle, bathing suits, towel, flip flops. Please label all belongings and apply sunscreen prior to arrival each day.

RESIDENTIAL CAMPS:

Miss Nancy's Manners Camp (Enrichment) | Week 2 (June 18-22, Sun – Thurs) | Grades 4-8 | \$1,200

Miss Nancy always said, "True etiquette stems from a caring heart for all people. To include all, to welcome all, to love all is more important than how to fold napkins." Honoring the lessons that were taught by Mrs. Nancy Rascoe for more than 25 years, Saint Mary's is hosting Miss Nancy's Manners Camp. Each day the

girls will participate in tennis, swimming, canoeing and outdoor play, sprinkled with etiquette lessons, note writing skills, public speaking, flower arranging, and a few new lessons. Miss Nancy said, "manners have to come from the heart, and the inward manners must match the outward manners." The girls will learn Bible verses and quotes that relate to kindness and unselfishness, as well as the basics of manners. They learn how to set a table, serve one another, and dine formally. They will complete the week with a Graduation Tea for parents and grandparents, hosted and prepared by the girls.

Items needed for camp will be sent upon registration. All meals and some snacks will be provided throughout the week.