

SUNRISE COMMUNITY FARM CENTER, LLC

Trailblazer Farm Camp Schedule Outline

Welcome to Trailblazer Farm Camp at Sunrise Summer Camps! We are excited to get out on the farm with your camper. Below is an example schedule of our week of summer camp activities, but know that every week is different, and focuses specifically on the fun, memories, and topics your campers encounter.

General Rainbow Schedule:

8:00-8:30 am: **Drop Off in the Wood Barn**

8:30-9:00 am: Morning Meeting

9:00-10:50 am: Morning Classes Listed Below. Snack takes place during this time.

Future Farmers: Our Future Farmers campers play an active role in supporting life on the farm. They grow in the garden, befriend and care for small animals, and help maintain and expand our farm infrastructure. Through these activities, participants learn essential farm functions and discover how the natural elements of the farm must work together harmoniously to support the overall community.

Farm to Table: In our Farm-to-Table program, campers learn that generosity naturally stems from ownership and abundance. They create delicious, farm-fresh foods like jam, homemade pasta sauce, pickles, salsa, chips, baked goods, and more! Our Farm-to-Table classes are adaptable to accommodate allergies and encourage campers to expand their palates while enjoying the rewards of a successful harvest.

Creative Expressions: Effective communication is vital for any community. This class fosters this essential skill while also providing a space for fun, imagination, and storytelling through visual, musical, and performance arts. Campers learn to give and receive constructive and supportive feedback to build a community of trust and truth.

Horsemanship: Horsemanship is a cornerstone of our programs. We believe that horses are exceptional teachers of partnership and community, and every camper has the opportunity to ride. Through grooming, leadership exercises, and riding our gentle, well-trained horses, our young riders develop valuable skills and a deep connection with these magnificent animals.

Hike and Wilderness: This outdoor oriented program teaches campers to explore their surroundings, adventure with curiosity, and learn to understand and plan ahead under the guidance of our Mentors. These activities develop deep fun, love of play, and critical thinking skills and provide opportunities for leadership,

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creativity, and social skills to emerge and thrive in the natural beauty of our forests and streams.

11:00-12:30 pm Lunch and Pond time for all campers by age (including a natural water slide, beach, and swimming). Rainbows are able to swim in the shallow (≤ 3.5 ft deep) area only, and are not eligible to take the swim test.

12:30-2:30 pm Elective Class / Activities

Electives vary on a weekly basis according to the goals and interests of our campers and Mentors. Electives may include:

Horsemanship and horseback riding, archery, woodshop projects, fort-building, clay art, dramatic plays, extended pond-time or water activities, cooking creations, fairy-house building, relay-races, planting trees and cultivating horticulture skills, building projects, horse ground-schooling, small animal activities, animal training, farm store preparation, and more!

2:30-3:00 pm Acknowledgements

3:00-3:30 pm **Pick up in the Yard**

3:30-6:00 pm After Care (all campers who stay for after care will be charged after care fees) and Enrichment Classes.

Thanks for taking an interest in our camp schedule! If you still have questions, reach out to us at (919) 968-8581 or send an email to me at admin@sunrisefc.com. See you this summer!

Kind Regards,

Hope

To teach is to create a space in which the community of truth is practiced.

Parker Palmer, *The Courage to Teach*

Hope is a verb with its shirtsleeves rolled up.

David Orr

Hope Blanchard

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