This week our campers participated in a super hero training camp! They created their own super hero world, participated in super hero workouts, and met some of the real “super heroes” in our community. Here are some of the highlights from the week:

- Meeting the local Fire Department
- Touring Dayton’s largest fire truck
- Meeting UD’s Rescue Squad
- Touring an ambulance
- Writing about super heroes in our lives
- Climbing the Rock Wall
- Creating super hero masks
- Stretching in yoga
- Learning how to be safe with UD’s Public Safety Officers and touring their vehicles
- Exercising in super hero training

- Reading comic books
- Participating in a TRX fitness class
- Creating our own comic strips
- Competing in basketball drills
- Imagining super hero characters
- Designing an underground city with boxes
- Conducting science experiments
- Dancing in a Zumba class
- Conquering problem solving missions
- Swimming everyday
- Singing and dancing with DJ Counselor K.C.
SUPER HEROES Highlights (Session THREE)
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