



**Sept. 1<sup>st</sup> – May 31<sup>st</sup>**

- Administrative Office -

715 28th Street, South  
La Crosse, Wisconsin 54601 USA  
1-800-582-2267 FAX 1-608-787-8257  
Internationally: 001-608-787-8304

**June 1<sup>st</sup> – August 31<sup>st</sup>**

- WeHaKee Camp for Girls -

N8104 Barker Lake Road  
Winter, Wisconsin 54896 USA  
1-800-582-2267 FAX 1-715-266-2267  
Internationally: 001-715-266-3263

# Activity Card

Activities will be assigned 'First Come-First Serve' so please don't delay. Please return completed Activity Card by May 1<sup>st</sup>.

Camper Name: \_\_\_\_\_ Age: \_\_\_\_\_ Camp Arrival Date: \_\_\_\_\_

Campers select 15 activities and rank them, with 1 being their top choice. Some of the activities will take place in their cabin group during the cohort period at the beginning of the session, and some activities may be scheduled on a more individual basis following this time. Campers may not be scheduled in every activity they select.

**Please return completed Activity Card by May 1st.**

## Choose Activities (15)

Rank 1-15	Activity Descriptions on back	Experience Level Check (✓) the appropriate level			Rank 1-15	Activity Descriptions on back	Experience Level Check (✓) the appropriate level		
		Beginner	Intermediate	Advanced			Beginner	Intermediate	Advanced
	Horseback Riding*					Water-skiing*			
	Arts & Crafts					Canoeing	Open for 11 or older		
	Pottery					Kayaking			
	Jewelry Making					Sailing			
	Knitting					Stand-Up Paddling			
	Painting/Sketching					Windsurfing	Open for 10 or older		
	Photography					Swim Instruction			
	Dance					Rec Swim			
	Theatre Arts					Fitness Sampler			
	Vocal Music					Fishing			
	Musical Theatre	Open for 12 or older				Basketball			
	Instrumental Music	Instrument: _____ Years Played: _____ Bringing Your Own Instrument? _____				Biking	Open for 10 or older	(Ages 10-12)	(13 & older)
	Newspaper					Tumbling/Cheer			
	Cooking					Soccer			
	Outdoor Adventures					Tennis			
	Archery					Badminton			
						Volleyball			

\*Water-skiing & Horseback Riding DO require an additional fee to participate. If you did not sign up for them at the time of registration, the fee will be added to your account automatically. Please visit our website or contact our Administrative Office for details.

## Interest Indicator

The activities listed below will be offered periodically during each session based on camper interest. Please check the activities you may be interested in participating (check all that apply):

<input type="checkbox"/>	Canoe Trip	Paddle on one of northwest Wisconsin's beautiful rivers.	<input type="checkbox"/>	Campout	Overnight tent camping with cookout on local wooded campsite.
<input type="checkbox"/>	Hiking Trip	Hike local scenic and wooded trails.	<input type="checkbox"/>		

## WeHaKee Camp for Girls Activity Descriptions & Details

Activity	Description	Beginner	Intermediate	Advanced
Archery	Shoot an arrow with a bow, learn archery safety procedures, & test your skills.	New to this activity, no experience	Know safety procedures & basic shooting techniques	Skilled archer, know safety procedures, frequent bulls eyes
Arts & Crafts	Create projects with a variety of materials – new & exciting every year.	No experience necessary. Groups are scheduled for all ages		
Badminton	A racket sport played on a grass court & a great place to meet new friends.	New to this activity, no experience	Have played & received previous instruction	
Basketball	For those wanting to learn/enhance basic skills; dribbling, passing, shooting, team strategies.	No or limited experience in basketball	Formal instruction, team play, or competitive experience in basketball	
Biking	Road safety, effective peddling, & shifting techniques. Bike the beautiful north woods!	<b>Those 10 or Older Can Participate</b>	Ages 10 to 12	Ages 13 & older
Canoeing	Learn basic strokes, steering, & self rescue. Explore local waterways. <i>(Must complete swim check).</i>	<b>Those 11 or Older Can Participate</b>	Previous experience; basic skills in strokes, steering, & self rescue. Will participate in day canoe trip.	Skilled & experienced; have done canoe day trips or longer. Will participate in day canoe trip.
Cooking	Explore basic cooking skills & maybe even prepare an item to share!	No experience necessary. Groups will be scheduled by age.		
Dance	Learn a variety of dance types & movements to music – bring your ideas too!	New to this activity, no experience	1-2 years formal instruction & experience	2 or more years formal instruction & performance
Fishing	Learn to fish the waters of Hunter Lake & the Chippewa River.	No experience necessary. Groups are scheduled for all ages		
Fitness Sampler	A group fitness experience like yoga, circuit training, aerobics, etc.	Open to all who want to explore ways to get & stay in shape while having fun with others!		
Instrumental Music	Play in an ensemble or solo at Mass &/or at the WeHaKee Showcase.	Please list instrument(s) & number of years playing (on other side). WeHaKee does provide keyboard instruments, but campers should bring their own woodwind, brass, string (including guitar), & percussion instruments.		
Jewelry Making	Create your own jewelry through beading, weaving, & more!	No experience necessary. Groups are scheduled for all ages		
Kayaking	Explore Hunter Lake by kayak. <i>(Must complete swim check).</i>	New to this activity, no experience.	Basic knowledge of strokes & steering.	Prior kayak experience. Will participate in day kayak trip.
Knitting	Have fun while learning basic knitting techniques or advancing your knitting skills.	New to this activity, no experience	Some experience & knowledge of knitting techniques	
Musical Theatre	Have fun learning to rehearse, stage, & perform a short musical drama!	<b>Those 12 or Older Can Participate</b>	Strong interest & desire to perform in front of others. Previous experience in dance, drama, or singing is helpful but not necessary.	
Newspaper	Be a reporter. Search for & write articles for the camp newspaper & WeHaKee yearbook.	No experience necessary. Groups are scheduled for all ages		
Outdoor Adventures	Explore/Learn about the natural environment & wildlife while experiencing nature hikes, outdoor cooking, fire building, etc!	No experience necessary. Groups are scheduled for all ages		
Painting/Sketching	Watercolor & acrylic painting, pencil, charcoal, other sketching, & drawing.	No experience necessary. Groups are scheduled for all ages		
Photography	Learn to use a digital camera & take photos for display &, maybe even for our website!	No experience necessary. Groups are scheduled for all ages		
Pottery	Create & glaze your own hand crafts & pottery out of clay.	New to this activity, no experience	Previous experience at camp or school	Can work independently on potters wheel
Rec Swim	Swim & play water games in Hunter Lake or our heated pool. <i>(Must complete swim check).</i>	Girls with a strong interest and love of the water. All levels and age groups scheduled together.		
Sailing	Learn & enhance sailing skills while sailing the waters of Hunter Lake. <i>(Must complete swim check).</i>	New to this activity, no experience	Able to manage basic maneuvering	Able to solo sail
Soccer	Get a taste of soccer & hone your soccer skills!	New to activity, no experience	Formal instruction or team play or competitive experience in soccer	
Stand-Up Paddling (SUP)	See the water from a new perspective on a stand-up paddle board (SUP)! <i>(Must complete swim check).</i>	New to this activity	Experienced using SUP boards & paddles	
Swim Instruction	Swim in our heated pool & let our lifeguards help you improve your swimming skills.	New to this activity, or limited swimming skills/knowledge	Previous lessons in front & back crawl, back, & breast stroke.	Skills listed are strong. Want to improve skills & endurance.
Tennis	Challenge yourself to learn or improve skills in tennis on our tennis courts.	New to this activity, no experience	Knowledge & experience in forehand, backhand serving, & scoring. Prior formal instruction & competitive team play.	
Theatre Arts	Explore acting, stage craft or directing in a dramatic play. Perform in WeHaKee Showcase.	New to this activity, no experience	Camp, school, church or community experience.	Formal training & performance experience.
Tumbling/Cheer	Explore floor gymnastics & creating/performing cheer routines.	New to this activity, no experience	Formal instruction/skill in forward & back roles, cartwheels, etc.	Formal instruction for 2 years or more of experience.
Vocal Music	Sing, write songs, & perform at WeHaKee Showcase, Mass, & other special events.	Girls with a strong interest and love of singing. All are welcome. All levels and age groups scheduled together.		
Volleyball	Get a taste of volleyball & hone your volleyball skills!	New to activity, no experience	Formal instruction or team play or competitive experience in volleyball.	
Windsurfing	Surf the waters of Hunter Lake & sail with the winds as you increase your skills. <i>(Must complete swim check).</i>	<b>Those 10 or Older Can Participate</b>	New to this activity.	Experience, knowledge of parts of sailboard, & basic maneuvering.
<b>Additional Fees Apply to the Activities listed below. If you did not sign up for these at time of registering, but would like to now, please contact the Administrative Office for assistance!</b>				
Horseback Riding	Receive instruction in our rings & enjoy trail rides on camp. <b>ADDITIONAL FEES APPLY.</b>	New to this activity or limited experience or knowledge of tack, grooming, walking, & trotting.	Formal instruction & experience in all beginner skills plus cantering, posting, tacking, mount/dismount.	Formal instruction & experience in all beginner and intermediate skills plus jumping experience.
Water-skiing	Learn the basics or expand your skills in water-skiing. <b>ADDITIONAL FEES APPLY.</b>	New to this activity. <i>(Must complete swim check)</i>	Experience in skiing, can get up with reasonable effort; can stay up on two skis or ski on one ski.	