

CENTRIFUGE / XFUGE TRACK TIME OPTIONS

Note: Students will choose 6 options but will not participate in all 6. Track time options are subject to change. All tracks listed may not be offered during your section.

Creative Arts

Topics include the areas of music, art, stage and media. Those listed as performance tracks will be on stage at some point during the Track Time Showcase.

Performance:

Creative Movement - Participants will learn a creative movement set to a contemporary Christian song and be provided resources for how to start creative movement ministry at home.

Percussion - Students will learn how to read rhythm charts and will practice patterns and rhythm. Using trash cans, buckets, and other “found” percussion instruments, students will perform a “Stomp” style piece during closing celebration. Beginners and experienced drummers are welcome.

Specialty

These tracks are specific to North Greenville University.

Backpacking - This track will teach basic skills and equipment use for backpacking. Campers will experience an overnight backpacking trip.

Mountain Biking – This track will teach basic skills and equipment use for mountain biking. Campers will experience mountain biking on local trails. Campers will pay \$5 to participate in this track.

Kayaking – This track will teach basic skills and equipment use for Kayaking. Campers will experience kayaking in a lake on campus.

Non-Performance:

Crafts - Students will work on a specific craft project throughout the week, such as bead bracelets, t-shirt art, tile mosaics, paper making, candle making, etc. A supplies fee of \$5 will be charged.

Creative Painting-Students will use the medium of painting to express themselves creatively. They will paint on canvas. Paintings will be sold at the end of the week for missions.

Drama - Participants will learn the basics of drama, improvisation, mime, etc. Students will rehearse a drama to be performed in closing celebration and be provided with resources for how to begin a drama ministry at home.

Guitar - This class is strictly for beginners and is not a performance track! If you know more than three chords, you are not a beginner. Students will learn strum patterns and basic chords.

Paint Ball – Campers will participate in paint ball games using a sling shot instead of the typical paint ball gun. All equipment is provided.

Water Sports – Campers will play wild and crazy games in the pool. Campers taking this track must have a one-piece bathing suit and know how to swim.

Tennis - Students will learn the basic skills of tennis and actually play tennis.

Discipleship/Classroom

These tracks are designed to assist in disciplining campers in their Christian walk and helping them live a balanced, healthy lifestyle.

Apologetics - This track will provide students with proof of and a defense for Christianity.

For Girls Only – This track will teach Biblical principles for living a godly life, help to build a healthy self esteem and self image, provide proper perspective and knowledge about health and the body and discover biblical dating principles.

How to Grow in Your Faith – This track will provide an opportunity for students to get to know God on a deeper level by strengthening their discipleship through such disciplines as worship, solitude, prayer, fasting, service, study and more.

Lifestyle Evangelism – Students will discover how to live their lives in such a way to lead others to Christ.

Spiritual Gifts – This track is designed for campers to learn about spiritual gifts and discover their individual gifts by completing a spiritual gifts survey.

The Man Track – This track will explore what it means to be a godly man, how to be involved in healthy relationships with the opposite sex and within the family, and life skills such as independence, decision making, integrity, team player and excellence.

Active

These tracks are recreation/sports based.

Basketball - Students will learn basic skills and play basketball.

Battleball - Students will learn and play several variations of Battleball (Dodgeball).

Flag Football – Students will play flag football.

Frisbee Track – Students will play ultimate Frisbee, disc golf and other games with discs.

Sports Track- Campers will participate in flag football and softball.

Outdoor Games - Students will play gagaball, spikeball and other outdoor games such as kickball, etc.

Table Games - Students will have the opportunity to play a variety of fun board and card games including checkers, dominoes, UNO, Monopoly and many others.

Active Track - Campers will participate in soccer and volleyball.