

NEW! Aerial Yoga (5th and up): A once beloved seminar class is now joining our regular class schedule! Stretch and fly in the sky in our updated Bible Hut.

Archery: A great way to learn how to shoot a bow. You will go over safety and technique in the first class and then quickly move towards passing levels and improving your skills.



Bible: A class dedicated to studying a Bible character or Biblical theme - a great chance to learn more about the Bible and grow in your faith.

Calligraphy/Drawing: We are excited to have this class back on the schedule for 2023! You are going to love focusing on drawing techniques and dabbling in calligraphy in the FAC.

NEW! Camp Crafts: Try your hand at something crafty as you make different art projects over the session. From friendship bracelets, to lanyards, to beading, we are going old school! You will be able

to try many different types of art. We will also be offering a **senior crafts class (10th and up)** to our Main Campers!

Canoeing: You will begin by learning the strokes and advance to taking outings with friends around our lake area. It's a great way to explore the different lake coves near camp while enjoying some time on the water.

Card Game Class: Love cards? This class is for you! Learn Hearts, Rummy, and so much more! We love Card Games class and love having it in the FORT!

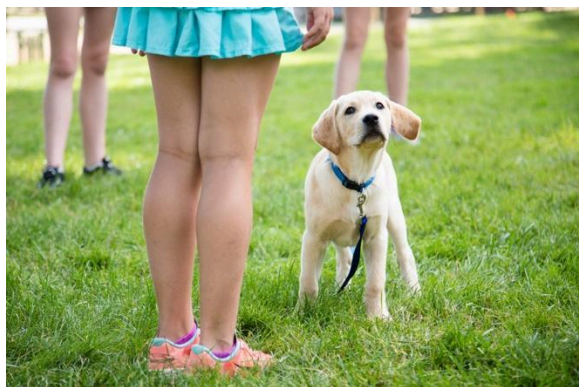
Ceramics: You will try your hand at many different ceramic projects over the course of the session: hand building, working on our pottery wheels, glazing, firing and more.

Cheerleading: Learn different Greystone cheers, chants, and basic stunts in our Cheerleading class. Tumbling will help you build your skills, whether it be a cartwheel or a roundoff back handspring!

Cooking: One of the best classes in camp! You will learn to measure, mix, bake, cook, and then eventually eat some great Greystone treats in our beautiful White Hall Building! During August, our youngest girls will have a resthour cooking seminar, and our oldest will be in White Hall for a traditional class.

Crocheting: Crocheting has become a must-have on the schedule! Do you like knitting, but want to try your hand at something else? Try crocheting – it's SO FUN!

Dance (includes Ballet, Jazz, Tap, Hip Hop, and Lyrical): These classes are great for beginners to the more advanced. You will work on a dance routine that you will then perform at our Production Night at the end of our June, Main, and August sessions.



Dog Camp: Play with our camp puppies! Teach them all they need to know to grow into mature dogs. You will walk them, groom them, and teach them different tricks and skills.

Diving: Taught in our specialized diving pool, you will learn the proper techniques for many different dives, including fundamentals and tricks.

Drama – Improv and Broadway Fun: If you like to play games, want to learn how to talk in accents, and experience what it is like to think on your feet, these drama classes are for you! Our drama staff will teach you the essential principles of acting, voice, and speech through creative games and activities.

Drama – Play Production (June/Main Camp): If you want to perform on stage, this is the right class for you. Everyone has a different part, and you will perform at our Play Production at the end of the session.

Drama – Backstage (June/Main Camp): If being on stage isn't your thing, but you like to paint backdrops, make props, pull costumes, and run the show behind the curtain, the backstage class is for you! You will learn valuable skills about the behind-the-scenes operation of a theatrical production while being a vital part of our Play Production.

ENO Summer Reading: Love chilling in a hammock and reading your book? This is the class for Y-O-U! No explanation needed – it's the most relaxing way to spend a class period at camp!

Fishing: Catch an array of fish right from the Greystone dock! You will enjoy this relaxing class as you see what you can reel in on any particular day.



Fitness: We have multiple wonderful fitness classes to choose from. Our **Zumba** class is a fun, dance-style class where you will do choreographed workouts to upbeat music. Our **Bikes & Ellipticals (4th and up)** class is for girls who want to spend their time on those machines only. During our **General Fitness (4th and up)** classes, campers will enjoy a variety of things from free weights, weight machines, ellipticals, bikes, and even **Boot Camp (4th and up)**! This year we will also be offering **Yoga**. Get ready to stretch and tone under the Shepherd's Gazebo!



Farm Barn: Help to grow things at our very own Greystone farm! You will also learn about our chickens, rabbits, goats, sheep, cows, pigs, ponies, and more! Getting to play with these adorable animals will be a highlight of the summer.

NEW! Fine Arts Class: This new, fun multimedia Fine Arts class is for the artist that wants to gain as many skills in one activity as possible in a session. We will be hand dying, embroidering, printing, and more in this activity!

FORT class: This was a surprise addition to the schedule last summer and ended up being a HUGE hit! Think net sports (volleyball, crossnet, pickleball) meets card games, meets yoga, meets ENO reading. This was a super relaxed, self-guided class that took camp by storm! It's a great way to spend a little extra time in the FORT.

Glass Beads (5th and up): For our older campers, you will use the flame of a torch to heat and melt rods of glass to make, shape, and decorate unique glass beads using lampworking techniques.

Glass Fusion: Glass pieces are layered and then fused together to create different glass masterpieces, such as picture frames and soap dishes.

Golf: Learn the basics on our putting green and then move on to chipping our floating golf balls into the lake. It's a great way to learn a new sport!

Greystone Groove: This camp classic is a Zumba-style aerobics class, with choreographed dances created by our very own Greystone counselors.

Guitar: Must have your own guitar! Come and learn basic chords, a few different praise songs, and enjoy time playing together. Who doesn't love some Taylor Swift jam sessions?

Gymnastics: Enjoy time on all four event areas, learning basic techniques and developing skills in each area. Campers work to pass different levels as they improve on their skills. For **Advanced Gymnastics**, you have to be able to do a round-off back handspring with no spot.

High Adventure & NEW! Climbing (4th grade and up): Includes our climbing wall, bouldering wall, screamer, leap of faith, and zipline! You will rotate between each of these areas during the session.

High Ropes & NEW! Slacklining (4th grade and up): With three different skill platform areas, you will move between the different stations as you try out all of our different ropes obstacles. We will also have a new slacklining maze to work through in class!



Hiking Seminar (Main Only): Enjoy hiking up to our Bear Mountain property and the surrounding greater WNC area. Dupont, Pisgah, and the Blue Ridge Parkway will be explored this summer by our Greystone campers!

Kayaking (2 periods): Located down at our awesome Putt Cove facility, you will learn the basics of paddling by playing fun games. More advanced paddlers can work on their roll and take longer lake trips.

Knitting: Choose your yarn and learn the basic stitches. More advanced knitters will enjoy making bigger and more intricate designs.

Landsports (includes Basketball, Field Hockey, Flag Football, Volleyball, Soccer, Track, Cross Country, Ultimate Frisbee, Menagerie, Softball, Lacrosse, Jump Rope, Juggling, and Sports Your Grandma Used to Play): All of our Landsports classes spend time going over basic skills and fundamentals and then will put these skills into practice through fun games and play.

Menagerie: Enjoy playing lots of different games? In this class you can try out a mix of great games, such as Spud, Jimball, Croquet, Frisbee Golf, Bocce Ball, Ladder Ball, and more.



Metal Jewelry (5th grade and up): Run by nationally renowned jewelry designer Marilyn Bailey, our silversmith jewelry program provides an exceptional artistic opportunity for older campers. Campers begin with the basics; taking coils of copper, girls learn metal working techniques as they hammer the metal into different shapes. As they gain confidence, campers move on to sterling silver to create curved pieces that become the basis for their jewelry. From rings to bracelets and everything in between, campers make their own custom jewelry designs. Pieces are then refined and shined to create a finished product to be treasured for a lifetime.

Mountain Biking (4th and up): Did you love it last year? Well then you will really love it this year! We are so excited about our NEW skills park located in the woods by Archery. The River Trail, Apple Hill trails, and greater campus trail network will be enjoyed by many this summer in Mountain Biking.



Music: We have an amazing facility that our music class operates out of – the Pavilion! We will be delighting the stage with everything from Disney to Broadway!

NEW! Outdoor Skills: Want to brush up on how to build a fire? Change a tire? Or check the oil in your car? Call it life skills or outdoor skills; this class is for the adventurer!

Painting: Campers create in many different mediums (charcoal, pencil, pastels, watercolors, and oil) in our painting classes. From still life to abstract, and from people to scenery, campers receive guidance from our knowledgeable staff. Many of our painting counselors pursue the painting field outside of camp, which allows our campers to receive diversified and experienced instruction every day.

Photography & Video: Must have your own camera! Back on the schedule and ready for the spotlight! Photography and Video class will be skillfully documenting and exploring camp this summer. Greystone's property is beautiful – be on the lookout for Instagram features this summer!

NEW! Putt Cove Class: If Sailing and Kayaking aren't your thing, you can still enjoy Putt Cove with this new class. If you love the lake and enjoy a relaxed atmosphere, this class is for you. We will have everything from cornhole to paddleboarding to summer reading to games...and even a boat day! Putt Cove class is a class for all!

NEW! Pickleball: Pickleball took us by storm in 2021, and we are SO excited to offer it now as a new stand-alone activity at Greystone! Hit the courts with your friends during class, free time, or after dinner - really there is not enough time in the day for all the Pickleball fun! It is a new camp favorite!

Printmaking (4th and up): Another beloved class in the FAC. Enjoy carving and testing out different color combinations as you print on paper, fabric, and more!

Riding: WE LOVE THUNDERHEAD! Our Thunderhead Ranch is a taste of the west as you spend a day with your horse, eat over the fire, and play in the river. [See our website](#) for a more detailed list of what the Riding program offers. Make sure to register through your Online Extra Activities Form - remember, first come first serve!

Riflery: We shoot professional air rifles on a 50-foot range for NRA patches and certificates. Greystone girls are very good markswomen, consistently beating the competition at local meets and earning top awards from the NRA. Learn to shoot at Greystone where you are learning from the best!



Sailing (2 periods): We have a large fleet of Pico Laser sailboats that are a beginner's dream. These boats are the perfect size to teach sailing skills to our campers. These small and easily maneuverable boats allow any age camper to captain for the day. Campers learn sailing knots, proper rigging, correct rudder motions, and more so that each girl has the skills needed to maneuver a boat throughout our beautiful lake.

Sewing: The Greystone sewing program provides campers with the chance to try their hand at something new. With campers having access to their own machines, girls learn how to load the machines and change their thread before they even complete their first stitch. Our colorful fabrics provide a variety of choices for our sewers as girls complete everything from laundry bags, pajama pants, bucket hats, and more!

Swimming: Our state-of-the-art complex allows you to surpass many goals throughout the summer. Two very large swimming pools, one that is 10 to 12 feet deep and the other a comfortable 3 to 8 feet deep, are both heated to a relaxing 85 degrees by state-of-the-art solar panels. Not only do we offer swimming lessons for any level or age, but we also offer **Synchronized Swimming** (a camp favorite – June/Main only), **Competitive Swimming**, **Free Swim**, **Lap Swim**, **Pool Games**, and **Water Aerobics**.

Tennis: Our well maintained 8 hard surface courts are positioned in the very heart of camp. With the lake and mountains in your view, you can work on your backhand, strengthen your serve, and learn how to be a great tennis player. Our instructors are experienced in teaching all levels of USTA standards, from beginner all the way to advanced tournament levels. Whether you have picked up a racket for the first time or played most of your life, Greystone Tennis is for you!



Waterpark: What better way to beat the sun than some lake fun at the Greystone Waterpark! From sliding down our junior 100-foot waterslide and our giant 170-foot super slide, to paddling, to blobbing, to jumping on our 30-foot water trampoline...there is something for everyone at this department.

NEW! Wood Burning Class (4th and up): Get excited about this new addition to the Fine Arts Center. Woodburn a cutting board, spoon, or wall hanging!

