

**HERE IS THE LIST AND DESCRIPTION OF ALL ACTIVITIES. CHOOSE AS MANY AS YOU WANT BY CIRCLING THEM ON THE SESSION CALENDARS.**

<b>LEADERSHIP</b>	<b>SERVICE</b>	<b>ADVENTURE</b>
<p><b>Volunteer Orientation:</b> Required for all LEADs participants.</p> <p><b>Resume Building:</b> Learn to build a stand-out resume for future jobs, volunteer opportunities, or college applications.</p> <p><b>Job Hunting 101:</b> Ready to get a job? How to find a job that is right for you, practice filling out an application, and learn the right and wrong things to say during an interview.</p> <p><b>ACT/SAT/Test Taking Prep:</b> Like it or not, test-taking is a part of life. Learn skills that will help you ace each and every one.</p> <p><b>CPR/First Aid Training:</b> Learn basic techniques and skills to prepare for emergencies</p> <p><b>Thinking About College:</b> Tour a college campus to get a first hand look at what college life is all about. Learn how to fill out a college application while thinking about which colleges may be the right ones for you.</p> <p><b>Baking 101:</b> You're a "big kid now!" Learn to make simple snacks and even meals that you could cook for your entire family (wouldn't that impress them?).</p> <p><b>Creative Writing:</b> This is not your ordinary writing class. Learn to express yourself creatively through art, poetry, and journal writing.</p> <p><b>Jewelry Making:</b> Just like the title says . . . you provide the vision; we will help you make it come to life.</p> <p><b>Dancing:</b> Get down and boogie! Have fun with your friends learning some of the coolest dance moves around.</p> <p><b>Health and Fitness 101:</b> Learn the foundation for living a healthy and fit life. Class will focus on creating an exercise plan and making healthy life choices.</p>	<p><b>Peer Tutoring:</b> Use your strengths to help another camper. Tutors will be trained to guide a peer through an assignment (helping without telling the answers).</p> <p><b>Academic Coaching:</b> Whether you are getting caught up or getting ahead, students will have the opportunity to work one on one with an instructor to work toward meeting individual goals.</p> <p><b>FPA Garden Club:</b> Design, create, and maintain a garden of native flowers and vegetables. Members will also be responsible for establishing a team to sell goods at a FPA market stand. All proceeds will go to a charity of the clubs choice.</p> <p><b>Make a Doggie's Day:</b> Participants will spend a day creating dog toys that will be donated to a local animal shelter.</p> <p><b>Caring Hands:</b> Participants will visit a local senior center. While there, we will assist residents with a game of BINGO or other activities that will brighten their day.</p> <p><b>Volunteer at POM:</b> L.E.A.D members ages 14 and older have the opportunity to volunteer within the Peace of Mind preschool programs as often as they would like. Spend an hour or a whole day . . . it is up to you.</p>	<p><b>Camping @ Lake Elmo Park Reserve:</b> Participants will pack up and head out for an overnight camping adventure.</p> <p><b>Swimming @ Lake Elmo Park Reserve:</b> A day of swimming and playing in the sun (lifeguards on duty). Rest up while enjoying a picnic lunch.</p> <p><b>Movie Day(s):</b> Off to the movies. We will select a movie playing at either the Woodbury or Oakdale theater.</p> <p><b>Interstate Park (Taylor's Falls) - Hiking:</b> Just a short car ride away (40 minutes), participants will discover a beautiful forest full of trails.</p> <p><b>Mall of America:</b> FPA will provide transportation and a check in point (with hourly check-ins) while at the mall.</p> <p><b>Valleyfair:</b> FPA will provide transportation and a check in point (with hourly check-ins) while at the park.</p> <p><b>Simply Jane Art Studio:</b> Visit an art studio and get messy creating a masterpiece of your choice.</p> <p><b>Twins Game:</b> Afternoon games available July 9<sup>th</sup> and Aug. 3<sup>rd</sup>.</p> <p><b>Color Me Mine:</b> Either participate in the "Give a Dog a Bowl" contest or create a piece of your choice.</p> <p><b>Gateway State Trail- Biking:</b> FPA instructors will guide the participants on a bike ride adventure along the 20 miles of the Gateway State Trail. We will pack a lunch and enjoy the wind in our faces.</p> <p><b>Padelford Riverboats:</b> Take a ride on the ole Mississippi. Tour guide will provide information on the history of the river while students soak in the sun and enjoy a picnic lunch.</p> <p><b>Golfing/Driving Range:</b> Golfers of all levels are invited to join. We will transport students to a local driving range/pitch and putt golf course.</p> <p><b>Batting Cages:</b> No striking out in these cages. Get some extra hitting in before practice or just come the fun.</p> <p><b>Walker Art Center:</b> Enjoy a tour of the museum and outdoor sculpture garden, create art in an on-site studio, and have lunch in the park.</p> <p><b>Minnesota Center for Book Art:</b> Learn the art of print making or create a journal to keep your creative writing in. Many classes to choose from.</p> <p><b>Narnia:</b> Experience local theatre and enjoy the musical, dancing, and performance.</p>