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Calling all kids of the High Country!! Camp UREC is back in action for the sixth summer in a row, and with many new activities planned; this summer promises to be the best one yet. For six summers, Camp UREC has set the precedent as being the most energetic, most creative, and most fun day camp of the High Country. So grab your parents, find a computer, and get registered!

Camp UREC is a recreational day camp based out of Appalachian State University's department of University Recreation. All counselors are ASU students, and are sure to provide an unforgettable experience for both campers and themselves. Energy is a must! Camp UREC is full of new opportunities, fun, games, bonding, and sunshine all day long, five days a week. Camp UREC works with many aspects of University Recreation, including Outdoor Programs, Fitness, and Aquatics to provide a range of fun activities that span from scaling the fifty foot indoor climbing wall to splashing in the Olympic size swimming pool. A majority of the activities are facilitated outdoors, guaranteeing not only a great time, but plenty of fresh air. All campers will be enjoying a daily lunch in ASU's central dining facility! Camp UREC is the place to be this summer in the High Country.

Camp UREC is a day camp designed to cater to all different age groups and recreational skill. No prior experience is necessary! Campers range from rising 1st grade to rising 9th grade, with groups and activities split accordingly. Supervision is a top priority! The counselors are there to make sure everything runs smoothly, and to ensure safe participation in the most exciting way possible. The staff does not stop at counselors. Camp UREC also has two programmers, who have carefully designed hundreds of activities with their creative flow, and four directors, who are there to make sure Camp UREC is the best place around!

For summer 2012, Camp UREC is proud to expand on two great programs; Counselor-in-Training, and Adventure Camp. Counselor-in-Training is a great option for rising 7th through rising 9th graders to shadow counselors, lead activities, and learn all there is to know about being a great Camp UREC counselor. The CIT's will work closely with the Assistant Director of Camp UREC to ensure they soak up all the valuable Camp UREC knowledge possible. Adventure Camp participants will explore the high country, participating in many fun activities including hiking, outdoor swimming, canoeing, and rock climbing. Both of these programs are an awesome way to expand your summer plans!

Be prepared to have a great time and participate in many fun activities. The fun never stops here at Camp UREC! We have chosen themes to plan our activities around; those themes are: V.I.P. Week, Amazing Race, Superhero Challenge Week, Holiday Week, Life Aquatic, Camp Rewind. A few of the activities you can look forward to experiencing are: water balloon volleyball, tennis, kayaking, yoga, nature explorations, hikes around campus, team-building, swimming, bonding with friends and counselors, and many, many more.

To sign up for any of our six awesome weeks of camp, please either visit the Student Recreation Center in person or gather information from www.campurec.appstate.edu