

# Sew Much Fun

Summer Camp at Cape Fear Community College

## Design. Stitch. Create.

It's time to start making! Knowing how to sew is a useful skill with lifelong practical applications. For children, sewing:

- increases creativity and self-esteem
- teaches discipline, calmness and patience
- builds skills in problem-solving and perseverance
- fosters a sense of accomplishment
- improves hand-eye coordination and fine motor skills

**Sew Much Fun** includes four sew-tastic days where your child will learn basic sewing machine operation and stitching.

Along with their peers, children will create either a pair of shorts that will take them through summer and fall, or a drawstring back-sack, perfect to show off when they return to school. Campers will leave every day more confident about what their hands can do and more curious about where their imaginations will take them. At the end of the week, the class will celebrate with a fashion show highlighting their work to camp faculty and staff.

Don't pass up this opportunity for your child to learn the skill and art of machine sewing! Boys and girls of all sewing abilities are welcome. A sewing machine will be provided for each child.



**Dates:** July 19-22, 2021 (ages 8-10)

July 26-29, 2021 (ages 11-13)

**Days/Times:** Monday - Thursday, 8-noon

**Location:** Wilmington Campus

**Registration:** \$149\*

\*Additional supplies required; see supply list, other side.



For more details, contact  
910.362.7199 or [enrich@cfcc.edu](mailto:enrich@cfcc.edu)  
[www.cfcc.edu/summercamp](http://www.cfcc.edu/summercamp)



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## Camp Curriculum

Day 1: Sewing fundamentals and safety; discuss parts of the sewing machine, needles and thread, fabrics, stitches and resources.

Day 2: Project creation.

Day 3: Project creation.

Day 4: Finish project; fashion show for peers/camp staff.

## Supply List

Each child must choose one of the projects below and bring the required supplies on the first day of camp. Sewing machines and basic sewing kits (fabric scissors, seam ripper, pins, measuring tape) will be provided for each child.

### Project 1 - Shorts:

- 1 and 1/2 yards cotton jersey fabric (fabric must have some stretch)
- Matching polyester thread
- 1 package of 1-inch wide elastic
- 1 pair of your favorite shorts to use for tracing (shorts to be traced should be similar in content to fabric purchased)

### Project 2 - Drawstring Bag:

- 1 and 1/2 yards heavyweight cotton fabric
- Matching polyester thread
- 3 yards of 3/4 inch-width ribbon or trim

Supplies can be purchased at any local fabric store, such as JoAnn Fabrics or Hobby Lobby. If you have any questions about either the supplies or projects, please email [enrich@cfcc.edu](mailto:enrich@cfcc.edu).

## Safety Precautions

Previous sewing experience is not required, but children should understand that they must use care and caution around sewing machines and hot pressing irons. Safety is our highest priority. Campers must be willing to follow instructions and behave properly in the sewing classroom. Inappropriate horseplay or repeated refusal to follow safety instructions will not be permitted. Students who are dismissed from camp due to safety concerns will not receive a refund. Please assess your child's maturity, attention span and reasoning skills before you register.

## Snack Breaks

We recommend that you pack a protein-rich snack and a drink for your child. **If you have also registered for an additional morning or afternoon camp session**, you will need to include additional lunch items, snack items and drink(s). Please pack perishables on ice, as campers will not have access to a refrigerator. Please notify us at the time of registration if there are known food allergies, intolerances or health issues of which camp staff should be aware.

## Dress Code

Students should wear comfortable clothing and closed-toed shoes. Masks and social distancing may also be required, depending on current guidelines from the NC Community College System.



## About Your Instructor

A self-taught sewer of many years, **Cheryl Saba** loves the creative process of turning fabric and simple objects into useful and beautiful clothing, accessories and decorative home items. Cheryl has been a professional college-level English teacher for almost twenty years, but also loves introducing people to her hobby of sewing, often hosting sewing and craft parties. Her philosophy is that we can all create beauty through hand and heart.