



## After Camp Activities For our four and five year old campers

This summer we will be offering activities after camp Monday-Thursday for our four and five year old campers. You are welcome to sign up for one, two, three or four activities. Each activity begins at 2:45. From 2:30-2:45 the children will have a snack, use the bathroom and then begin the activity. Registration is for the summer, there are no drop in rates

### Monday: Mad Science



Mad Science Preschool Programs are engaging hands-on learning experiences for preschool children. Each workshop is an interactive, age-appropriate exploration of a specific science topic. From air, our animal friends and butterflies to water, weather and worms, each themed program is designed to captivate the curious nature of young children. Preschoolers enjoy engaging demonstrations, perform simple experiments and will discover how science can help us better understand the world around us! Our workshops last one hour, but the interest they spark can last a lifetime.

### Tuesday: Yoga



In our yoga class we will have a blast as we move our bodies while focusing on breathing, quieting our busy minds, building self-esteem, releasing pent up feelings like anger and frustration, and talking about ways to work through these feelings when they come up in our lives. We will use music to help us learn and remember some of the poses and will always encourage a feeling of community, respect and friendship in a non-competitive setting.

Bring: Towel (mat is ok too but towel will probably be easiest)  
Questions: Contact Sheri at 917-797-3629 or [sheri678@gmail.com](mailto:sheri678@gmail.com)

### Wednesday: Sports



Football, Basketball and Soccer are introduced each week using Equipment specifically designed for this age group. In addition, children will enjoy parachute play, hula hoops, scooters and many other fun and exciting games, all to give your child an awesome experience and build their confidence, motor skills and coordination through sports.

Questions: Contact Rick at sports Universe at 973- 992- 7901

### Thursday: Karate



Our karate program incorporates all the protocol and discipline of a more traditional martial arts studio, but in a unique and fun manner for our young students. The physical benefits are profound, as children practice kicking, punching, blocking, yelling, stretching, running and jumping during each interactive class. In addition, our students grow emotionally and learn about respect, discipline, self-control, concentration and goal setting.



**For Office Use Only:**  
 Date Received: \_\_\_\_\_  
 Form: \_\_\_\_\_  
 Payment: \_\_\_\_\_

**After Camp Activity Form**

Activity	Day	Time	Price
Mad Science	Monday	2:45-4:00 PM	\$145
Yoga	Tuesday	2:45-3:45 PM	\$105 (6 weeks)
Sports	Wednesday	2:45-3:45 PM	\$136
Karate	Thursday	2:45-3:45 PM	\$110 *

**\* Begins July 6th**

\_\_\_\_\_

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

- Mad Science
- Yoga
- Sports
- Karate

Total Check Amount Enclosed: \_\_\_\_\_

**Your child's spot will not be held unless payment is received in full.**