



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 PM. From 2:30-2:45 PM 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: Gymnastics- NEW this summer!!!

Our preschool gymnastics program will help your child channel their boundless energy and reach developmental milestones in a structured environment.



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.

Questions: Contact Sheri at 917-797-3629 or sheri678@gmail.com



Wednesday: 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.



Thursday: 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.

Camp Shemesh After Camp Activity Form

For Office Use Only:

Date Received: _____

Form: _____

Payment: _____

Activity	Day	Time	Price
Gymnastics	Monday	2:45-3:30 PM	\$140
Yoga	Tuesday	2:45-3:30PM	\$140
Karate	Wednesday	2:45-3:30 PM	\$140
Sports	Thursday	2:45-3:30 PM	\$140

Child's Name: _____

Parent's Name: _____

- Gymnastics
- Yoga
- Karate
- Sports

Total Check Amount Enclosed: _____

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