

MIND UP

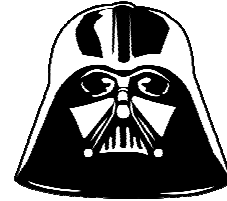
Understanding our brains can make a huge difference! Kids love seeing the "brain" (cauliflower) and learning about the amygdala that helps us when in danger, but often is in "overdrive" even when there is no danger around. (Thus making us feel anxious and upset.) The concept of mindfulness (paying attention to the here and now and being nonjudgmental) will be introduced and practiced. Learn these skills through games, role-playing and movement. "MindUp" is an evidenced based, social and emotional program of The Hawk Foundation built upon neuroscience, positive psychology, mindful awareness training, and optimism. The "MindUp" curriculum uses research-based lessons with the latest information about the brain to improve behavior and learning. It is shown to enhance perspective taking, empathy, and kindness, as well as fostering complex problem solving skills.

Day: Monday - Friday
 Date: July 10 - 14 **Course Code: 17312**
 Time: 3:30 p.m. - 5:00 p.m.
 Fee: \$75 (resident) \$112.50 (non-resident)
 Age: 8 - 14 years old
 Location: Activities House

COOKING CRAZE: STAR WARS: JEDI CAMP - COOKING WITH THE FORCE

Your child will have a lot of fun cooking creative foods that are out of this world. Join us in making recipes inspired from the Star Wars movies. Price includes food.

Day: Monday - Friday
 Date: July 10 - 14
 Time: 9:30 a.m. - 10:50 a.m. **Course Code: 17313**
 Age: 6 - 9 years old
 Time: 11:00 a.m. - 12:30 p.m. **Course Code: 17314**
 Age: 10 - 14 years old
 Fee: \$70 (resident) \$105 (non-resident)
 Location: Activities House Kitchen and Classroom (both age groups)



ACTING CRAZE CAMP: STAR WARS: JEDI CAMP- USING THE FORCE

Have fun learning acting skills like projection, improv, and characterization. The class will include a final performance for your family and friends! We will be performing a hilarious, adventurous skit using the Star Wars theme. May the Force Be With You.

Day: Monday - Friday
 Date: July 17- 21 **Course Code: 17315**
 Time: 10:45 a.m. – 12:30 p.m.
 Fee: \$70 (resident) \$105 (non-resident)
 Age: 8 - 14 years old
 Location: East Fayette Gym
 *Performance for family and friends will start at 6 p.m. on Friday, July 21.

FRIENDSHIP CRAZE: STAR WARS: JEDI CAMP- USING THE FORCE

Learn the ways of the force. Overcome negative thoughts, learn to make allies, and overcome conflict. This camp will have a different Star Wars-related theme each day that will relate to friendship skills and positive thinking. The Star Wars themed activities will be out of this world! Sara Parker, a National Certified Counselor presents "Friendship Craze" to help build stronger friendships. If you love the world of Star Wars and want to learn how to make and keep friends, and have tons of fun doing it, then this camp is for you!

Day: Monday - Friday
 Date: July 17 - 21 **Course Code: 17316**
 Time: 9:00 a.m. – 10:30 a.m.
 Fee: \$70 (resident) \$105 (non-resident)
 Age: 8 -14 years old
 Location: East Fayette Gym



DISCOUNTED COMBO: ACTING & FRIENDSHIP CRAZE (same person)

STAR WARS: JEDI CAMP-USING THE FORCE

See descriptions above. It is recommended that students bring a small snack for between classes.

Day: Monday - Friday
 Date: July 17 - 21 **Course Code: 17317**
 Time: 9:00 a.m. – 12:30 p.m.
 Fee: \$120 (resident) \$180 (non-resident)
 Age: 8 -14 years old
 Location: East Fayette Gym
 *Performance for family and friends will start at 6:00 p.m. on Friday, July 21.

Summer Sports Day Camps

Time: 9:00 a.m. - 3:00 p.m. **Before Care:** 7:30 a.m. - 9:00 a.m. **After Care:** 3:00 p.m. - 5:00 p.m.

Age: 4 - 12 years old

Fee: \$120 (resident) \$180 (non-resident)

Before Care: \$15

After Care: \$30

Combo for both: \$40

Payment for before and after care made payable to Jump Start Sports on first day of camp.

BASEBALL/SOFTBALL CAMP

Girls and boys will have a blast learning baseball fundamentals and playing ball! Campers learn and improve upon the basics of batting, fielding, pitching, catching, and base running. Players are divided by gender and age, and are taught different skills each day in a fun-oriented format. Then, they apply what they have learned in a game each day. Other fun games and contests will include a "Home Run Derby", "Pitch, Hit, and Run" contest, and a "World Series" on the last day of camp.

Day: Monday - Friday

Date: June 5 - 9

Course Code: 17318

Location: Kiwanis Center

ALL PRO FLAG FOOTBALL/LET'S GO CHEERLEADING CAMP

Cheerleading Camp

Campers will learn a variety of cheers, jumps, kicks, and movements. We'll also play fun cheerleading games and decorate crazy uniforms to wear at an exhibition on the last day of camp. Cheerleading camp provides children a highly active endeavor in a non-competitive environment that fosters fun and the development of friendships.

All Pro Flag Football

The All Pro Football Camp will teach campers the basic fundamentals of football in an atmosphere that emphasizes sportsmanship, teamwork, and the joy of sports. This program is ideal for children who have never played organized football, as well as those who have played youth football for several years. In addition to learning fundamentals, techniques and strategies of the sport, campers will participate in flag football games every day as well as fun games and contests such as "Punt, Pass, and Kick" and "NFL Fast Football"

Day: Monday - Friday

Date: June 12 - 16

Course Code: 17319

Location: East Fayette Gym

OLYMPIC SPORTS CAMPS

The Olympics are coming! Campers are divided into "countries," make a flag, and learn about the history and philosophy of the Olympic Games. The Olympic spirit and true sportsmanship are emphasized throughout the week. Sports offered include track and field, soccer, hockey, basketball, and more! Campers also learn about the culture and history of their adopted country and make a flag to carry at the "Closing Ceremonies" and "Presentation of Medals".

Day: Monday - Friday

Date: June 19 - June 23

Course Code: 17320

Location: Kiwanis Center

ULTIMATE WARRIOR SPORTS CAMP

Join us at the Ultimate Warrior Sports Camp for fitness, fun, and "Survivor" type team challenges! Age-appropriate and safe activities are specifically designed to challenge, inspire, and excite! Games and tasks this week include obstacle courses, relays, tug-of-war, and many other fun activities designed to teach cooperation and teamwork while also developing self-esteem!

Day: Monday - Friday

Date: June 26 - June 30

Course Code: 17321

Location: Kiwanis Center

NCAA LACROSSE CAMP

Boys and girls can learn to play one of the fastest growing sports in the United States. Lacrosse is action packed and lots of fun! The sport has elements of soccer, football, basketball, and hockey. All equipment will be provided in this highly instructional camp. Players will receive training on the fundamentals including passing and catching, fielding, cradling, spacing, positioning, and defense. They will then play fun situational scrimmages, which help them learn more and enjoy the fast-paced action of the game! Plastic sticks and soft balls are used. No checking, stick checking or poking will be permitted.

Day: Monday - Friday

Date: July 10 - 14

Course Code: 17322

Location: East Fayette Gym

WORLD CUP SOCCER CAMP

Campers get their kicks at the World Cup Soccer Camp! Players learn foot skills, passing, shooting, goal keeping, and team concepts. Each day, they are also divided by gender and skill level, and participate in games. The last few days of camp, small teams represent a country and participate in a fun "World Cup" competition.

Day: Monday - Friday

Date: July 17 - 21

Course Code: 17323

Location: Kiwanis Center

COLLEGE DAY SPORTS CAMP

It's graduation time from sports camp. Children "enroll" in the college of their choice and have a blast learning about and playing a wide variety of college sports, including football, basketball, soccer, hockey, volleyball, lacrosse, and more. Campers make a school pennant and wear their school colors to demonstrate their school spirit throughout the week. Children are separated by age for all competitive activities.

Day: Monday - Friday

Date: July 24 - 28

Course Code: 17324

Location: Kiwanis Center

COLOR GAMES SPORTS CAMP

A great old school camp concept is coming to town! Campers are divided into teams (colors) and play a wide variety of sports and camp games, competing in their age/gender/ability group for team pride! This fun format enables children to learn and benefit from the positive aspects of competition, while working with a team towards a common goal. Camp games include Team Dodge Ball, Capture the Flag, British Bulldog, and more! Sports included are flag football, basketball, soccer, hockey, and more! Campers will also make team bandanas to wear throughout the week. Get ready for a week of fun and lots of exercise!

Day: Monday - Friday

Date: July 31 - August 4

Course Code: 17325

Location: Kiwanis Center

YOUTH FLAG FOOTBALL LEAGUE:

Why Flag Football? Players will be taught football basics and then they will apply their new skills in low-competition games against a rotating schedule of teams. Players will learn the basic fundamentals of offense and defense, and will be introduced to speed and agility training. League will meet once a week for 6 weeks.

Day: Thursdays
 Date: June 8 - July 13 **Course Code: 17326**
 Time: 6:30 p.m. - 8:00 p.m.
 Fee: \$65 (resident) \$97 (non-resident)
 Age: 5 - 12
 Location: McCurry Park



FIRST KICKS

A friendly, low-key introduction to the basics of soccer through games, stories, and fun!

Day: Monday - Friday
 Date: June 12 - 16 **Course Code: 17327**
 Time: 4:00 p.m. – 5:00 p.m.
 Fee: \$100 (resident) \$150 (non-resident)
 Age: 3 - 4 years old
 Location: Kiwanis Center

MINI SOCCER

Fun games, competitions, and challenging skill-building activities will captivate and enlighten young players!

Day: Monday - Friday
 Date: June 12 - 16 **Course Code: 17328**
 Time: 5:00 p.m. – 6:00 p.m.
 Fee: \$100 (resident) \$150 (non-resident)
 Age: 5 - 6 years old
 Location: Kiwanis Center

TINY TUNES “MUSIC TIME”

Tiny Tunes Music Times is a parent/child music and movement program that features the curriculum of Atlanta’s very own “The Music Class.” “Tiny Tunes Music Time” has brought this amazing curriculum to the south communities of Atlanta, Georgia. Families are making their way to these fun, stimulating and educational classes for children 6 months – 5 years. Classes are attended with parents and are led by music & early childhood educators. Through the use of special songs and activities, your child will be introduced to a wide variety of musical scales, rhythms, instruments and styles that will provide a foundation and help stimulate musical growth at even the earliest ages.

Day: Monday
 Date: June 5 – July 31 **Course Code: 17329**
 NO CLASS JULY 3
 Time: 9:45 a.m. – 10:30 a.m.
 Fee: \$105 (resident) \$157.50 (non-resident)
 *Sibling Discount: \$65 for the first sibling; \$45 for the second sibling
 All siblings under 10 Months free at the time of the registration
 \$25 Material Fee due the first day of the class
 Age: 6 Months – 5 Years
 Location: Activities House



YOUTH FIRE & EMS CAMP

Fayette County Parks & Recreation Department and Fire and Emergency Services are partnering for the fifth summer for the popular Youth Fire and EMS Camp. Each one day camp will consist of learning how to use a fire extinguisher, an introduction to CPR and AEDs, and tours of a functioning fire station and the Fire Department’s headquarters. Fee covers a pizza lunch (includes water) and transportation. Available spots for each camp date are limited.

Day: Thursday
 Date: Session I: June 29 **Course Code: 17330**
 Session II: July 27 **Course Code: 17331**
 Time: 9:00 a.m. – 2:00 p.m.
 Fee: \$16 (resident) \$24 (non-resident)
 Age: 8 - 14 years old
 Location: Fire Station #10, 195 Seay Rd. Fayetteville

