

## Summer Themes

June 18-29

### *Amazing Anatomy*

Children will be amazed to find out how exercise affects the heart and mind. Younger children will talk about the many body parts and how each works. School-age children will delve deeper into learning about the internal structures that support the body such as the skeleton, organs, and brain.



July 2-13

### *Yum, Yum, and Fun!*

What foods feed the heart, the brain, the muscles, the skin and internal organs? Understanding the connection between food choices and body health will enlighten even the littlest learners. Of course, sampling foods that provide nutrition and energy will add to the fun!



July 16-27

### *Exercise Excitement*

Today's child spends more time in front of the television, sitting in cars, and playing video games which



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means less time is spent in active pastimes. This session will provide children with many different ways to exercise including aerobics and isometrics.

July 30-August 10

### *Movement Mania*

Daily life can be infused with opportunities to exercise just by adding walking, jogging and running throughout the day. Children at Dandelion will create logs of their daily walking, running, and jogging by themselves, with other friends, and with family. Exploring hiking trails and playground obstacle courses will make this session full of fitness and fun!



August 13-24

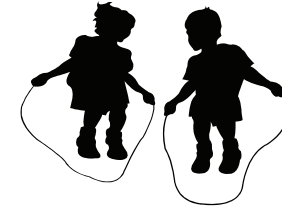
### *Spectacular Sports*

Fitness plus fun equals sports. Children will practice skills involved in playing baseball, soccer, basketball, gymnastics, and more! Older children will research some special sport heroes and make a Hall of Fame display for all to enjoy.



Summer Programs at Dandelion

# Dandelion Fun & Fit 2007



*Let's get "Fit" while  
having "Fun" at*

*Dandelion this Summer!*

**With activities that  
focus on Fun and  
Fitness it is sure to be a  
hit with children and  
families.**

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## Daily Experiences for Children at Dandelion this Summer Include:

### Monday Movement

Each week will begin with an exercise routine appropriate for each age level.

### Tuesday Tunes

Miss Janice will continue to share her musical talents with children.



### Wacky Wednesday

Wacky Days will include: Hat Day, Inside/Out Day, Mismatch Day, Funny Hair Day and much, much more.

### Therapeutic Thursday

Relaxation is an important part of health. Children will be introduced to methods for relaxing and renewing.

### Food 'n Fitness Fridays

Children's cooking projects will focus on nutritious foods.

## Fit 'n Fun Water Play



Children will exercise while enjoying the warm weather. Outside water play will include using water tables, squirt bottles, sprinklers, and more. Preschool through school-age will have scheduled times to explore our creek area.

### Water Days Schedule

- Mondays-Room 1
- Tuesdays-Room 2
- Wednesdays-Room 3
- Thursdays-Room 4
- Fridays -Rooms 5 and 6

## "On-Site Field Trips" for All Ages

- Moon Bounce: A Moon Bounce will appear on a day in June at the school-age playground for all children to enjoy.
- Tae Kwan Do: Children ages 4 yrs.— school-age will participate in Tae Kwan Do classes on Fridays in July (13, 20, and 27).
- Catoctin Zoo: The Catoctin Wildlife Preserve and Zoo will bring special animal friends to Dandelion a day in August for children to see and touch.

## School-Age Off-site Field Trip

A special trip to the Air and Space Museum in Leesburg, VA will offer school-age children many exciting opportunities to experience hands-on active learning. The day's events include viewing an Imax presentation at the theatre in the facility, eating lunch at the museum, and viewing the many air and space exhibits.

## Family Fun and Fitness

### Special Events

*Dandelion Keys Night:* A special night out for families is planned at the Keys ball park on July 27, 2007. Fireworks and Carousel rides will also be part of the festivities.

*Swimming at Franklin Water Park:* Swimming, wading, sunbathing, and standing in the waterfalls will make this an evening to remember with the family this summer. Date TBA.

### Family Fitness Walks

Families will be invited to participate in a "Walk for Health" program. A log for recording distances families walk together will be provided to use as they walk to better health throughout the summer. Certificates will be presented in August to families who participate in the program.

