

## Off-site Field Trips (school-age)

### On-the-Go

School-agers get moving with trips to:

- Bowl
- Ice skate
- The local movie theatre
- Swimming at local pools
- Have lunch at local parks
- Hike at Jefferson Nature Center
- Frederick Keys Baseball Game

*NOTE: School-agers will also participate in all in-house field trips described previously.*

### Special Activities (school-age)

#### Presidential Fitness Challenge

School-age children get physical with the Presidential Fitness Challenge which includes daily activities that keep them fit while earning Presidential Challenge awards.

#### Alex's Lemonade Stand

School-agers team up with the Brunswick Senior Center to participate in **Alex's lemonade stand** for the fourth year in a row. Alex's Lemonade stand is an organization committed to raising awareness of childhood cancers and generating funds for research into new treatments and possible cures. For more information [www.alexlemonade.org](http://www.alexlemonade.org)

#### Big Buddies

The school-agers will also serve as "Big Buddies" to the younger children during Discovery Walks and other activities throughout the summer.

## Preschool-Hours-Only

### Summer Enrichment Program

Educare offers a summer enrichment preschool program that includes:

- \* A multi-age experience in a combined 3's and 4's classroom setting
- \* Attendance on Monday, Wednesday, and Friday each week
- \* An extended day experience, 9:00 a.m.-12:15 p.m. (includes "Lunch Bunch"—children provide own lunches)



### Family Fun

***Fitness Family Activity:*** Join us on a warm summer evening to enjoy a Frederick Keys game followed by fireworks. Fun for all ages!

***Family Discovery Walks:*** Families are invited to enjoy a self-guided Discovery Walk on selected days throughout the summer.

#### ***Fitness Walk and Family Picnic:***

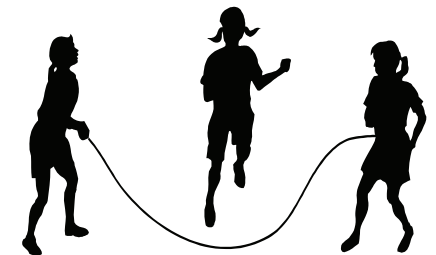
Families will get moving as they walk along the Educare Discovery Trail and enjoy a campfire cookout afterward.



"LET'S MOVE"\* AT  
EDUCARE  
THIS SUMMER!

"No Child Left  
Sitting" at the

## EDUCARE KIDS IN MOTION SUMMER PROGRAM 2011



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# Kids in Motion Summer Program '11

"Let's Move" \* at Educare Learning Center (ELC) this summer! ELC's Summer Program will offer a multifaceted experience in learning about nutrition and getting physical on our 22 acres. Activities will include fitness-for-fun outdoor experiences, innovative obstacle courses, discovery walks on our extensive nature trails, nutrition and cooking activities, and on-site moonbounce days. Our 22-acre, wooded campus contains four nature-enriched playgrounds, nature trails leading to Catoctin Creek and Broad Run Creek. Come join us at the Educare Learning Center, where kids are *moving all summer long!*



## \* The Let's Move! Campaign



The *Let's Move!* campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. *Let's Move!* will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy. For more information [www.letsmove.gov](http://www.letsmove.gov)

## Kids in Motion Weekly Experiences

### Cooking Up a Storm

Edible concoctions awaken young palettes when delicious and nutritious recipes are used.

### Let's Move with Music

Miss Janice, our music teacher, will continue get kids moving with her musical talents throughout the summer months.

### Discovery Walk Days

Discovery Walks put kids in motion as they walk along the nature trail during warm summer days. Preschool through school-age will explore the creek areas on-site.

### Obstacle Course Days

Unique and innovative obstacle courses will excite and energize kids each week throughout the summer.

### Food Groupies Nutrition Curriculum

Food mixes with fun in this informative and action-filled curriculum that focuses on healthy habits.

### Water Play Days

Refreshing fun abounds during outside water play which includes water tables, squirt bottles, sprinklers, and more. NOTE: School-age will also have scheduled times to explore our creek area and trips to local pools.

### Water Days Schedule:

Mondays-Room 1a & 1b

Tuesdays-Room 2

Thursdays-Room 3

Fridays-Preschool/Room 4 (a.m.) & Room 5 (p.m.)



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

### Moon Bounces

Kids can't help but move when a moon bounce is on site filled with opportunities to exercise. Moon bounces will open and close our Kids in Motion summer schedule.



### Fitness Specialists

Specialists who make moving fun get kids in motion while teaching about the benefits of exercise.

### Moving and Grooving with Mister Don

Mister Don mixes movement and music to get children up and grooving to the beat.

### Critters Galore

Kids get up and move when Critters come to visit Educare. Animals of all shapes and sizes "move" children to explore slithering, hopping, jumping and more.

### Fresh Food Fridays

Fresh foods add zest (and added nutrition) to any menu. A local vendor with fresh fruits and vegetables will be available to make pick ups on Fridays quite tasty.

