

Off-site Field Trips (school-age)



School-agers will get moving with trips to go:

- Bowling
- Ice skating
- To the local movie theatre
- Swimming at local pools
- To local parks for picnic lunches
- To Frederick Keys Baseball Game (7/19/12)

Other trips to be announced...

NOTE: School-agers will also participate in all on-site field trips.



Special Activities

(school-age)

Alex's Lemonade Stand

School-agers team up with the Brunswick Senior Center to participate in **Alex's lemonade stand** for the fifth year in a row. Alex's

Lemonade stand is an organization committed to raising awareness of childhood cancer and generating funds for research into new treatments and possible cures. For more information visit 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.

Summer 2012 Units of Study

Children will be exploring a variety of ways to stay active throughout the summer via the following units of study :

- * Marching with a Purpose (6/18-6/29)
- * Teamwork with a Purpose (7/2-7/13)
- * Exercise with a Purpose (7/16-7/27)
- * Food for a Purpose (7/30-8/10)
- * Outdoor Experiences with a Purpose (8/13-8/24)



Family Fun

Fitness Family Activity: Join us on a warm summer evening to enjoy a Frederick Keys game where kids can run the bases followed by fireworks. Fun for all ages!

Fresh Food Fridays for Families:

Fresh foods add zest (and nutrition) to any menu. A local vendor with fresh fruits and vegetables will be available at Educare for easy pick-ups on Fridays. Tasty!

End of Summer Fitness Walk and

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

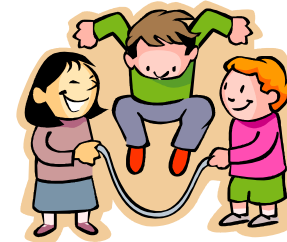


"Let's Play & M.O.V.E. with a Purpose" at Educare this summer!



Let's have **Many** Opportunities for **Vigorous Exercise** at

EDUCARE PLAY & M.O.V.E. SUMMER PROGRAM 2012



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Note: Specific event dates to be announced on the summer calendar distributed by May 2012.

Educare Play & M.O.V.E. with a Purpose Summer Program



Play & M.O.V.E. with a purpose at ELC this summer and have **Many Opportunities for Vigorous Exercise!** ELC's



Summer Program will offer a multifaceted experience based on a national initiative* to prevent childhood obesity. Children will be 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, and nature trails leading to Catoctin Creek and Broad Run Creek. Come join us at Educare Learning Center, where kids are playing and "M.O.V.E."ing 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 or www.healthykidshealthyfuture.org

Play & M.O.V.E. Weekly Experiences

Cooking Up a Storm

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

Let's M.O.V.E. with Music

Miss Janice, our music teacher, will continue get kids to play & M.O.V.E. with a purpose with her musical talents throughout the summer months.

Discovery Walk Days

Discovery Walks allow kids to play & M.O.V.E. with a purpose as they walk along the nature trail during warm summer days. Children two years of age 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 using the Supermovement® curriculum as a guide.

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 additional scheduled times to explore our creek area and enjoy trips to local pools.

Water Days Schedule:

Mondays-Room 1a & 1b

Tuesdays-Room 2

Thursdays-Room 3

Fridays-Room 4 (a.m.) & School-Age (p.m.)



On-Site "Field Trips" for All Ages

Moonbounce Days

Kids can't help but M.O.V.E. when a moonbounce is on site filled with opportunities to exercise. The moonbounce will visit ELC at the beginning and end of the summer program.



Fitness Specialists

Specialists who make moving fun get kids in motion while teaching about the benefits of exercise. Children will also be integrating Yoga poses into weekly experiences along with other exercises through the "a-thons" throughout the summer.

Moving and Grooving with Music



A musician will visit ELC to combine movement and music to get children up and grooving to the beat.

Special Animal Visit

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

