

# Strengthening Kids' Bodies and Minds 2010 Summer Camp

## Program Description:

Get your kids off the couch and enroll them in an exciting summer enrichment program designed to strengthen their bodies and minds. Through stimulating activities focusing on improving handwriting/fine motor coordination and sensory-motor fitness your kids will discover that learning is FUN!

## Objectives:

- \* Handwriting/Fine Motor Coordination Program: To develop foundational skills for handwriting, grasp, letter formation, alignment and/or spacing, based on Handwriting Without Tears® principals and fine motor hand strengthening techniques.
- \* Sensory - Motor Fitness Program: To develop gross motor, bilateral coordination, bilateral integration, rhythm, timing, sequencing, postural strength/stability, core strength, flexibility, body awareness, motor planning, cardiovascular endurance and social skills through the use of music, movement, obstacle courses, games, circuit training, dance, yoga, exercise, etc. with an emphasis on teamwork.

**Instructor:** Michelle McLaughlin, OTR/L, 12 years experience in pediatrics with training in sensory integration, sensory processing, Handwriting Without Tears® and fine motor skill development. AFAA certified, group exercise instructor with over six years experience in youth fitness.

**Ages:** Ages 3-5 (PreK or entering Kindergarten) and Ages 6-8 (entering 1st or 2nd grade)

**Dates:** Ages 3-5 Session 2 (7/26, 7/27, & 7/28) | Session 3 (8/2, 8/3, & 8/4)  
Ages 6-8 Session 1 (6/21, 6/23, & 6/25) | Session 4 (8/16, 8/17, & 8/18)

**Location:** UCP of Central Florida, Downtown Orlando/Holloway Campus  
3305 S. Orange Avenue Orlando, FL 32806  
(407) 852-3300

## Activities:

- Pre-writing and/or handwriting instruction
- Sensory/fine motor based craft activities
- Therapeutic Listening™
- "Sensory Diet" (tactile, vestibular, proprioceptive, oral, and/or auditory) Activities
- Relaxation techniques
- Postural and core strength activities
- Cardiovascular, endurance and flexibility training
- Brain gym/midline crossing exercises
- Social skills, team work building
- Bilateral coordination/integration activities
- Body awareness, motor planning activities
- A healthy make-your-own snack will be provided (if your child has any food allergies please denote that information on registration form and plan to provide a snack from home)

## Cost:

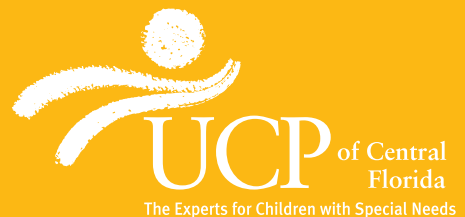
\$180.00 per week per participant; \$170.00 if paid in full six weeks prior to camp date.) \$25 nonrefundable deposit.

## Payment Methods:

Check or money order payable to UCP of Central Florida  
Visa, MasterCard and Discover accepted

### Please mail payments to:

UCP of Central Florida  
Attn: Irma Rosa/Strengthening Kids' Bodies and Minds  
3305 S. Orange Avenue  
Orlando, FL 32806



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**Time:** Sessions will be conducted 9 a.m. - 12 p.m.  
\*Parents/Caregivers must pick up children promptly at 12p.m.; A fee of \$1.00 a minute will be charged after 12 p.m. pick-up time

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**Cost:** \$180/Session; \$170 (early bird discount)

**Registration Deadline is May 21, 2010**

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### Child Information

Child's Name: \_\_\_\_\_

Child's Age: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

Precautions/Limitations: \_\_\_\_\_

I want my Child to participate in  Session 1  Session 2  Session 3  Session 4

### Parent's Contact Information

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### Payment Information

I have enclosed a check in the amount of \$\_\_\_\_\_ made payable to: UCP of Central Florida

Please charge my credit card in the amount of: \$\_\_\_\_\_

Type of card:  Visa  MasterCard  Discover

Name on card: \_\_\_\_\_

Acct. #: \_\_\_\_\_ Exp. Date \_\_\_\_\_

CVV Code \_\_\_\_\_

Signature: \_\_\_\_\_

**PLEASE MAIL PAYMENT TO:**

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