

☪ **YOGA FOR YOUNG ONES**

Would you like to reinforce a healthy lifestyle in your child's life? Utilize this new program to introduce your little one to the healthy and relaxing benefits of Yoga. Research shows that incorporating physical activity at a young age will result in an overall healthier lifestyle in adulthood. In this Yoga class, participants will imagine themselves being a lion in the jungle, lizard on a rock, tree in a forest, dog in the park and more! Kids will have fun through movement and stories with the additional benefits of expanding creativity while developing body awareness, balance, coordination, and relaxation techniques. Parents are encouraged to experience this class with their child. ***This class is FREE for all active Summit Activities Center members— SAC members can call the SAC for the complimentary registration 668-5234.***

SESSION I (June 3-June 27)

DAY: Monday & Wednesday
LOCATION: Summit Activities Center
FEE: \$18.00 plus tax
TIME: 1:00-1:30 p.m. (1183)
AGES: 3-10 years

☪ **MEMORIAL PARK MOVERS**

Kids of all ages find fun and adventure in Memorial Park. This innovative program will give boys and girls the opportunity to enjoy the great outdoors as they participate in games, exploring nature, group activities, art projects, and so much more. Each day participants will finish the class with supervised play time at the Memorial Park Playground! In the case of inclement weather, class will be cancelled.

SESSION I (June 7-June 28)

DAY: Friday
LOCATION: Memorial Park Wood Shelter
FEE: \$25.00 plus tax
TIMES: 10:00-11:30 a.m. (1084)
AGES: 4-8 years

SESSION II (July 12-August 2)

DAY: Friday
LOCATION: Memorial Park Wood Shelter
FEE: \$25.00 plus tax

TIMES: 10:00-11:30 a.m. (1185)
AGES: 4-8 years

☪ **FRIDAY NIGHT FUN AT THE SUMMIT**

If your child loves pizza, games, swimming, and crafts and you are in need of some quiet time without the kids, sign your child up for Friday Night Fun at the Summit Activities Center. Pizza and juice will be provided. Participants will have the opportunity to swim in the SAC pool – please make sure your child is a proficient swimmer and don't forget to send their swimsuit and towel! Limit of 25 participants.

DAY: Friday, June 28
LOCATION: Summit Activities Center
FEE: \$10.00 plus tax
TIMES: 5:30-8:00 p.m. (1351)
AGES: 5-11 years

DAY: Friday, July 19
LOCATION: Summit Activities Center
FEE: \$10.00 plus tax
TIMES: 5:30-8:00 p.m. (1352)
AGES: 5-11 years

K.O.B.R.A. (Kids Out Being Really Active)

What is your child going to do this summer? Would you like your child doing more than being on the computer, playing their IPOD Touch or watching television? If so, K.O.B.R.A. is a program for your kid. K.O.B.R.A. is like P.E. in the summer where boys and girls will participate in a variety of sports and games such as dodgeball, soccer, basketball, wiffle ball, swimming, tennis, kickball, capture the flag, disc golf and so much more. K.O.B.R.A. will not only be great FUN and provide EXERCISE but will also introduce new games, teach sportsmanship and teamwork, and allow participants to make new friends. Don't let this summer be just a time to sit around the house – send your child to Memorial Park for K.O.B.R.A. where the fun never stops. Make sure your child wears athletic shoes, brings a water bottle, and is ready to do fun, new activities every week!! In the case of inclement weather, class will be cancelled.

SESSION I (June 3-June 27)
DAY: Monday & Wednesday
LOCATION: Memorial Park –
Meet at the Wood Shelter
FEE: \$20.00 plus tax
TIMES: 1:00-2:30 p.m. (1083)
AGES: 6-9 years

DAY: Tuesday & Thursday
LOCATION: Memorial Park –
Meet at the Wood Shelter
FEE: \$20.00 plus tax
TIMES: 1:00-2:30 p.m. (1186)
AGES: 10-13 years

KICKBALL

Would you like your child to participate in a new program that is being offered this summer? Sign them up for Kickball – it's a "new" class but an "old" favorite for all kids! Participants will learn and work together to enjoy this unique sport that combines soccer and baseball, which will promote physical activity as well as coordination and motor skills. Not only will participants be playing regular Kickball but will also learn how to play Out of Base, Gorky Parks Kickball, and Yankee Throw – all FUN games that give Kickball a twist! Come out, run around and have some fun this summer! Make sure your child wears athletic shoes and brings a water bottle!! All classes will be held outside at the Summit Activities Center - in the case of inclement weather, class will be cancelled.

SESSION II (July 8-July 31)
DAY: Monday & Wednesday
LOCATION: Summit Activities Center –
Meet in the lobby
FEE: \$20.00 plus tax
TIMES: 9:00-10:30 a.m. (1353)
AGES: 6-9 years

DAY: Tuesday & Thursday
LOCATION: Summit Activities Center –
Meet in the lobby
FEE: \$20.00 plus tax
TIMES: 9:00-10:30 a.m. (1354)
AGES: 10-13 years



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