

Program Description/Independence Summer Camps 2010
All Programs Run Monday – Friday 9-12noon

Fun and games with Alysia...Fun in the sun playing tag, running relay races, Kickball, etc .

Lacrosse with Maura...Come have fun learning Lacrosse....learn the basics, have fun playing, no experience necessary (2nd-4th is boys and girls...4th-6th is girls only)

Outdoor Skills with Pat...What would you do if you were lost in the woods? Learn to find or build shelter, signal for rescue, use a compass. Build camp gadgets using basic lashings, knots and hitches. Identify signs of wildlife, plants and learn basic first aid. Learn to respect the environment and leave "no trace" when hiking or camping.

Yoga with Jaime...Kids Yoga camp will be filled with music, games, movement, art and creativity, stories, imagination, visualization, relaxation and most importantly laughter. Boys and Girls will learn yoga poses that help strengthen the body and improve flexibility and balance. All your child needs to bring is a smile.

Football with Auxence...Hackettstown High School Senior Athlete will teach the fundamentals of football to appropriate age groups.

Spies like us with Chris...Secret Codes...make "e, break"em, find'em...learn the Art of Cryptology

Brownie Try Its. With Alysia...Earn some extra Try Its to fill your Brownie vest/sash and have some fun!

Soccer with Maura or Alysia...Have fun with soccer, learn new drills and play some games.

Stamp Camp with Pat...Be creative with stamps..make scrapbook pages, mini memory books, greeting cards and paper crafts. Stamp on cardstock, foam, candles, clothing and more. Make jewelry with shrinking plastic and personalize a journal.

Basketball with Auxence...Hackettstown High School Senior Athlete teaches some age appropriate skills and drills.

Rocket Camp with Chris...learn to build and fly model rockets

Scrapbook with Alysia...learn some fun and skills and make a scrapbook. Learn to save and have fun with some of your best pictures and memories.

Craft Camp with Pat...make lots of things with beads, lanyards, craft sticks, pom poms, pipe cleaners, glitter, glue and stuff. We can even recycle and reuse. Learn how old CD's, household containers become useful again, learn leather working.

Field Hockey with Chris Bishop...Drills and skills. Come try Field Hockey...no experience necessary. Check age group

Volleyball with Kalene...come learn one of the most fun summer pastimes!

Mommy and Me Martial Arts with Dave...Kids camp 9-12 where they will learn practical self defense skills, summer safety, stranger awareness, life skills and discipline...Develop a never quit attitude...MOMs work out 9-10 for a total body boot camp.

Martial Arts for Kids...Kids learn Kickboxing, self-defense, boxing, increase agility, discipline confidence and focus as above.

Sports Camp with Maura...different days...different sports....learn the drills of today's most popular games.

Field games with Maura...The best part of school is recess..Kickball, handball, capture the flag etc.

Arts and Craft with Alysia...fun with crafts..create, design, discover your talents.

Summer Camp Registration Form

All campers are encouraged to bring a water bottle and snack each day.

Please circle each camp:

June 21-June 25

- Outdoor Skills(4th-6th)(Pat Hawkins) \$55
- Fun and games (1st-3rd) (Alysia Arcona) \$40
- Lacrosse (2nd-4th) (Maura Frischmann) \$55
- Yoga (4th-7th) (Jaime Cahalan)\$40
- Football (3rd-5th) (Auxence Wogou)\$40
- Spies Like Us (4th-6th)Chris Lance)\$55

June 28-July 2

- Brownie Try it (2nd-3rd girls only) (Alysia Arcona)\$55
- Soccer (1st-3rd) (Maura Frischmann) \$40
- Stamp Camp(4th-6th) (Pat Hawkins) \$55
- Yoga (1st-3rd) (Jaime Cahalan)\$40
- Basketball (3rd-5th)(Auxence Wogou)\$40
- Rocket Camp (4th-6th) (Chris Lance) \$55
- Field Hockey(5th-8th)(Chris Bishop)\$40

July 12-July 16th

- Craft Camp (4th6th)(Pat Hawkins) \$55
- Football Camp (1st-3rd)(Auxence Wogou)\$40
- Field Hockey(2nd-4th)(Chris Bishop)\$40
- Volleyball(4th-8th)(Kalene Rafalko)\$40
- Lacrosse (4th-6th girls only) (Maura Frischmann) \$55
- Mom n Me Martial Arts(1st-5th)(Dave Ferreira)\$40
- Scrap Booking (1st-3rd) (Alysia Arcona) \$55
- Yoga (4th-6th)(Jaime Cahalan)\$40

July 19-23

- Soccer (1st-3rd)(Alysia Arcona)\$40
- Sports Camp(4th-6th)(Maura Frischmann)\$40
- Outdoor Skills(4th-6th)(Pat Hawkins)\$55
- Yoga (1st-3rd)(Jaime Cahalan)\$40
- Basketball (1st-3rd) (Auxence Wogou)\$40
- Martial Arts(1st-5th)(Dave Ferreira)\$40

July 26- 30th

- Arts and Crafts (1st-3rd)(Alysia Arcona)\$55
- Field Games(1st-3rd)(Maura Frischmann)\$55
- Craft Camp(4th-6th)(Pat Hawkins)\$55
- Yoga (4th-6th)(Jaime Cahalan)\$40
- Football(3rd-5th)(Auxence Wogou)\$40
- Mom n Me Martial Arts (Dave Ferreira)\$40

Checks payable to Independence Booster Club

Mail form to:

*Independence Recreation Dept.
286 U.S. 46, Box 164
Great Meadows, NJ 07838*

Name _____ Age _____ Gender _____

Phone _____ Cell Phone _____ Email _____

Emergency contact Name and Phone# (during camp hours) _____

Current Medical Conditions _____

Tshirt Size YS YM YL AS AM AL (circle one)

*As the parent or guardian of the child named above, I give my full consent for he/she
Participate in the Independence Summer Program(s) above.*

Name _____ Date _____