



### Minooka CCSD 201 Summer Fun Camp 2019 Session Descriptions

**Math:** Add, subtract, multiply, divide, oh my! Is your child in need of some end-of-the-year math review to jump-start their summer? Participants will engage in math related activities to get them ready for the next grade level.

#### **Volleyball:**

- 1st-4th Grade: Students will be introduced to basic volleyball and movements skills in the game of volleyball. The program will be running drills and scrimmaging while focusing on improving the basic fundamentals for volleyball such as passing, hitting, serving, and movement on the court. Students will experience a positive learning environment that will help you in all that you do in the game of volleyball. We look forward to sharing challenging and fun drills during your summer enrichment Program.
- 5th-8th Grade: Students will continue to learn and improve their techniques of volleyball such as passing, hitting, serve receive, and defensive drills. The goal of the program is that you improve your game and learn more about preparing yourself to be the best player you can be while having a great experience. Students will experience a positive learning environment that will help you in all that you do in the game of volleyball. We look forward to sharing challenging and fun drills during your summer enrichment program.

**Pound:** Students will be coached on how the principles of mind and body are used to encourage and inspire movement, musicality, leadership, teamwork, confidence and self-expression. Choreography and interactive activities will be shared for all ages. Each child will be manipulating ripstix, which are weighted drumsticks to the established beat. Students will cool down with a short yoga session.

#### **Yoga & Mindfulness for Kids!**

Yoga and mindfulness practice can help you: get stronger and more flexible, manage feelings of anxiety, learn to navigate challenging situations without becoming overwhelmed, and so much more! Students will learn and practice the Five Elements of Yoga & Mindfulness: Connect, Breathe, Move, Focus, and Relax! Come join the FUN & be more connected to yourself- your body, your mind, and your emotions!

**Art:** In this session, students will have the opportunity to express their creativity by making pieces of artwork inspired by various artists and forms of literature.

**Science:** Become astronomers as we study space, planets, the moon, and stars! This summer, we will create models and learn more about our Solar System's planets and moons, how rockets work, and constellations! Join us as we take our journey out of this world!

**STEM Challenge:** Come join us for some hands-on learning fun and solve challenges by building such things as rafts, bridges, and towers.

**Cursive and Fine Motor:** This course will focus on learning cursive handwriting, building fine motor strength, and increasing writing endurance. Students will begin with pre-cursive strokes, progressing to the the lower case and then uppercase modern cursive letters. Each session will have hands-on, sometimes messy, activities to improve fine motor ability, such as play-dough, or tracing in shaving cream, in addition to traditional paper and pencil practice. Older students will dabble with calligraphy, and time will be spent exploring documents written in cursive and practice reading everyday cursive. Students will have the opportunity to create a final project, featuring their name or a favorite saying.

**Sign Language:** Want to learn how to talk with your hands? I can show you how! We'll learn the basics: alphabet, numbers, signs for family, friends, animals, and other interests. We'll learn simple phrases too to kick start your love of sign language, just like mine! I hope you sign up!

**Fitness/Circuit Training:** Are you tired of sitting around? Are you ready to get up and start moving? Join our fitness and circuit training program! We will work all the major muscle groups, build our endurance, and work on strength, agility, balance, and coordination through various activities and games. This session is great for any age group, so everyone come on out! Have fun, get fit, and make friends all while listening to some great music.

**Rhythmic Music:**

Bucket and Bars! Have you ever seen those bucket drumming musicians on the street and thought how fun that looks? Or listened to the wooden grooves of a group of xylophones? Come learn how to tap out some rhythmic grooves on a bucket and combine the melodic lines of xylophones! Together we'll create music with buckets and bars!