

KIDS@CARROLL

MOVING KIDS

Dance and Movement

Dip into dance as you explore a little bit of several dance styles; ballet, jazz, hip-hop and others. Stretch and condition your body. Express yourself through creative movement. Beginners welcome! Instructor: Amy Appleby

Cost: \$125

Course #: XXZ-610-A13 Jun. 25 – 29, 1:15 – 4:15 p.m. Ages 6 – 8

NEW! Fit and Feeling Fine

For fitness buffs or beginners, we will help you get in shape safely and effectively. Explore the 5 aspects of fitness; cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition through stretches, activities and exercises in the college fitness center. Learn the best ways to warm up and cool down and why it's important and discuss the importance of nutrition and hydration. Get going and have fun being healthy! Instructor: Andrea Gill

Cost: \$235 (2 weeks)

Course #: KID-055-A57 Jul. 2 – 13, 9 a.m. – 12 p.m. Ages 10 – 12

NEW! Sports Conditioning

Especially for athletes, you'll start with a pre fitness assessment then track your progress over the 4 weeks. You'll practice exercises that will safely improve the 5 aspects of fitness; cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition as they relate to your sport. Establish your target heart rate and determine proper nutrition and hydration for optimum performance. Learn methods for injury prevention and leave with a specialized workout program that focuses on you, your goals and your sport. Instructor Andrea Gill

Cost: \$470 (4 weeks)

Course #: KID-064-A57 Jul. 16 – Aug. 10, 9 a.m. – 12 p.m. Ages 10 – 12

MUSICAL KIDS

Glee Camp

Sing it out and dance it up as you learn to perform like the cast of the hit TV show Glee. Practice radio hits and Broadway classics learn basic harmonies and show choir-style dance routines. Create your own costumes for the show choir-style performance you'll give at the end of the week. No special experience is necessary. Instructor: Amy Appleby

Cost: \$125

Course #: KID-007-A57 Jul. 23 – 27, 9 a.m. – 12 p.m. Ages 10 – 12

Jumpin' Jammin' Drumming Fun

Get movin' and groovin' with basic hand drumming and percussion, rhythm games, songs from around the world, and even folk tales with music and dance. If you think you know music, think again! Instructor: Jaqui MacMillian

Cost: \$120

Course #: KID-028-A16 Aug. 6 – 10, 1:15 – 4:15 p.m. Ages 6 – 11

READING, WRITING AND HISTORY KIDS

Adventures in Sign Language

Explore a new world each day through stories, songs, games, crafts and American Sign Language along the way! Daily themes include Under the Sea, America the Beautiful, Around the World, and a special surprise. Costumes welcome! Instructor: Kathy McMillian

Cost: \$105

Course #: XXZ-814-A15 Jul. 2 – 6, 9 a.m. – 12 p.m. Ages 6 – 10

A Week at Hogwarts: Harry Potter and Friends

We are pleased to inform you that you have been accepted at Hogwarts School of Witchcraft and Wizardry at the Carroll Community College branch. Those magical folk who have read the books by J. K. Rowling will enter a familiar world of delights. We also welcome any Muggles who wish to learn about Harry Potter's world. Please join us in our quest to learn about magical creatures, herbology and other wildly interesting subjects. Instructor: Linda Nestor

Cost: \$155

Course #: XXZ-213-A46 Jul. 30 – Aug. 3, 9 a.m. – 12 p.m. Ages 9 – 12

Fairy Tale Prince and Princess Camp

Every little girl is a princess and every little boy is a prince, so put on your royal gear and stand up straight. Explore the royal world through fairy tales, history, games, crafts, sign language and lots of activities. Each day will focus on a confidence and knowledge building theme: Princes and Princesses are brave, kind, clever, polite and Awesome! Instructor: Kathy McMillian

Cost: \$110

Course #: XXZ-583-A15 Jul. 2 – 6, 1:15 – 4:15 p.m. Ages 6 – 10

Girls in History

What if you had to make your own soap for washing or candles for light? What if you didn't have electricity? Experience how girls your age lived in the late 1700's to the early 1900's through activities, crafts and cooking. Make soft soap, candles and samplers and play games and sing songs the way girls did during these times. Activities are based on the "Little House" books written by Laura Ingalls Wilder and on other books featuring Laura's grandmother, great grandmother and daughter. You don't have to read the "Little House" books to have a bucketful of fun! Instructor: Evelyn Weidig

Cost: \$148

Course #: XXZ-594-A57 Jul. 9 – 13, 1:15 – 4:15 p.m. Ages 10 – 12

NEW! Magic Tree House: Dinosaurs Before Dark

Climb on up to the Magic Tree House with Jack and Annie as they explore a prehistoric land! Discover dinosaurs but watch out for the carnivores! Compare these prehistoric beasts to the reptiles of today and see how scientists learn about dinosaurs from the fossils we find. Create your own breed of dinosaur for the Dino Hall of Fame! Instructor: Amanda Bluestein

Cost: \$140

Course #: KID-050-A13 Jun. 25 – 29, 9 a.m. – 12 p.m. Ages 6 – 8