



## MUSCLES AND MINDS<sup>a</sup> SUMMER PROGRAM 2010

We are excited to offer, for the first time, six-weeks of half and full day programs, for children 3 - 12 years-old. (Exact activities will be determined when the program is underway.)

9:00AM - 12:00 PM "MINI-ME" (for 3 - to 5 - year olds)

A gentle program for first time or young campers. Arts and crafts, outdoor free-play and group cooperative games, gardening and nature exploration, a trip to the fire station next door, baby farm animals, Teenie-Weenie TaeKwonDo, simple cooking and homemade ice cream! We will even teach your child how to ride a tricycle or bicycle. Just bring any "vehicle" of your choice and helmets (required). This program fills up quickly!

9:00AM - 12:00 NOON HALF-DAY or 9:00 - 3:00 PM FULL-DAY (for 5- to12-year-olds)

This year we are taking our "specialty programs" and offering them through-out the week. Your child can pick and choose activities, which will include (partial list):

TAEKWONDO and JUDO (new!) classes - an introduction to our martial arts program which we offer during the school year. Basic skills, conditioning, and fun challenges and games are taught in a safe environment, along with the respectful customs and traditions of each sport.

### ARTS AND CRAFTS

Beading and jewelry-making, clay pots, watercolors, "black magic", nature mobiles, full-size portraits, origami toys and boxes, Japanese kite making, recycled art, gimp whistle chains, print-making, "create your-own" musical instrument, puppeteering.. .and more!

REHOBOTH HISTORY COMES ALIVE! We take a step back in time and learn about life long ago in our town. Local experts come to visit us and we re-enact our village with our Colonial tent and log cabin. We will do an archaeological dig, fort building, "let's pretend", make baskets and pottery, cook-up some Johnny cakes from our home grown (and dried) corn, have a fishing lesson, try hand-making tools, and possibly taking a field trip to local Museum/sites. Kids are welcome to bring a costume!

PROFESSOR GIZMO returns for two weeks to share his fabulous activities that keep the kids engaged and spell-bound with Science! Last year we made "Film Canister Cannons", "Mouse Trap Racers", "The Mechanical Mini Basketball Game", and "Marshmallow Slingshots / Catapults".

### BICYCLE EXTRAVAGANZA

Wheelie cool fun for all levels of expertise! Beginners learn how to ride, practice hand signals and basic safety, participate in bike decorating and (on-site) parade, bicycle safety certification, "shine and buff" detailing/cleaning, and daily obstacle courses. Last year this program was featured on News Channel 10! We offer two "cordoned off" areas - one is a beginner zone - a perfect place to learn to ride with other beginners - and the other is for experienced riders. Bicycles/tricycles, razor scooters and safety gear are brought from home.

### KIDS' CHEF PROGRAM

Children will learn simple, healthy cooking and baking, including safe-prep practices and cleaning, serving and clearing with our student instructor from Johnson and Wales University Culinary Nutrition program. This program is a huge hit with our after-school kids!

### FUN AND GAMES PROGRAM

Something active for everyone! We offer a wide array of sports, games, and fitness "skills and drills": tennis, soccer, kick-ball, volleyball, basketball, T-, base- and soft-ball, frisbees and kite flying, boxing circuit, crazy obstacle courses, hill bowling, four-square and games with crazy names such as "Pirate Golf", "Ali Baba and the Forty Thieves" and "Donkey Dodgeball". The ages, individual interests, and "group consensus" determine the choices.

# MUSCLES AND MINDS™ SUMMER PROGRAM 2010

## APPLICATION

Name of Child \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ Grade Entering \_\_\_\_\_ Teacher (if known) \_\_\_\_\_

Parent/Guardian's Name and Address \_\_\_\_\_

Home/Work/Cell Numbers \_\_\_\_\_

E-mail \_\_\_\_\_

Parent/Guardian's Name and Address \_\_\_\_\_

Home/Work/Cell Numbers \_\_\_\_\_

E-mail \_\_\_\_\_

### FITNESS PARTICIPATION WAIVER

By signing the document below, I acknowledge that I have been informed of the need to obtain a physician's examination and approval prior to beginning the exercise program. I fully understand that the program is highly strenuous and choose to participate completely voluntarily. I accept all responsibility for my health and any resultant injury or mishap that may affect my well being or health in any way. I hold harmless of any responsibility the instructor, the facility, or any persons involved in this program.

### PARENT/GUARDIAN AGREEMENT TO ABIDE

I have read and agree to the policies, rules and regulations of Fitness Mom Studio, including fees and cancellation policies. (Sign below)

### PHOTOGRAPH RELEASE WAIVER:

Please check one below:

- I grant permission for my child's photograph to be used by Muscles and Minds/Fitness Mom Studio for publicity purposes.
- I do NOT grant permission for my child's photo to be used for publicity purposes.

Print Name \_\_\_\_\_ Sign Name \_\_\_\_\_

Date \_\_\_\_\_

**MEDICAL EMERGENCY TREATMENT**

I hereby give Muscles and Minds™/Fitness Mom® Studio permission to administer basic first aid/CPR to my child \_\_\_\_\_and/or take my child to a hospital for medical treatment when I cannot be reached or when delay would be dangerous to my child’s health.

**INSURANCE INFORMATION**

Company Name  
Policy#  
Primary Insured

Primary Care Physician  
Physician’s Phone Number and Address

**Child’s Allergies (including Food, Medication, Latex, Poison Ivy, Insect Stings, etc.)**

**Chronic Health Conditions**

**Does your child take medications while at our program or need an Epi-pen?**

**Parent’s Signature**

**Date**

**EMERGENCY CONTACTS (listed by priority)**

1.) Name  
Relationship to Child  
Address  
Phone Number(s)

Do you give permission for child to be released to this person? Yes No

2.) Name  
Relationship to Child  
Address  
Phone Number(s)

Do you give permission for child to be released to this person? Yes No

3.) Name  
Relationship to Child  
Address  
Phone Number(s)

Do you give permission for child to be released to this person? Yes No

**Additional Information**

We encourage children to drink water throughout the day. Children are encouraged to keep hands sanitized (antiseptic gel). Our staff members are certified teachers and instructors in their specialty. All are CORI background checked and trained in CPR.

**Absence:** Please call us if your child is not coming as planned. We will call you if your child does not arrive as scheduled. For this reason, we must have a reliable phone number where we can reach you.

**Illness:** Children can not attend if they have:

- an elevated temperature (99.8 F or higher)
- a suspicious rash
- persistent cough or sore throat
- sore eyes or ears with discharge
- upset stomach, diarrhea, or vomiting within the past twenty-four hours
- contagious illness (strep, bronchitis, head lice, fifth disease, conjunctivitis, etc.)

**Sun Safety:** Please apply sun block prior to drop-off in the morning. Each child should have a container of sun block (SPF 30 or better and “full-spectrum”); we will help your child to re-apply/remind child at midday. We will limit the amount of time children are in the direct sun and utilize our air-conditioned facility as warranted. We will encourage the entire group to practice “safe-sun” habits – “SLIP, SLAP and SLOP”. (Slip on a shirt, slap on a hat, and slop on the sun block.) The same procedure applies to bug spray.

**What to bring:**

Healthy lunch and snack - we are growing kids here!

Water bottle

Sun block

Sun-glasses

Hat

Bug spray

Sweatshirt or jacket

Spare change of clothing (complete)

Backpack

**All articles should be labeled with a “Sharpie” indelible marker.**

**What not to bring:** Any electronics, toys or valuable items. We are not responsible for lost and mis-placed items.

**Pick-up Procedure:**

Only authorized persons (specified in application) may pick-up your child. Each day your child must be signed out on our Master Attendance List. We will ask for a photo ID and keep a photocopy in our file for future reference for all authorized pick-up persons. Please park on the right side of our parking lot. We do not allow parking directly in front of the entrance for safety reasons. Use caution when coming into our parking area.

**Positive Discipline Policy**

Children are guided with “pro-social” behavior using positive techniques - clearly explaining what kind of change in behavior we need to see and why. Problem solving, enlisting the child’s

thought process, conflict resolution, re-direction and separation from the situation are used. If a child's behavior is overly disruptive, is not corrected, or presents a danger to other children or the staff, parents will be called and the child will need to go home. Under no circumstances will corporal punishment, verbal or emotional abuse or humiliation be used by any staff member. We will continuously reinforce, praise, and reward positive behavior in our community setting. Parents/guardians are welcome to observe at any time.

**Non-Discrimination Policy**

Fitness Mom Studio welcomes diversity through our doors. We do not discriminate on the basis of race, gender, religion, cultural heritage, political beliefs, marital status, disability, sexual preference, or national origin.

**Muscles & Minds™ Summer Program**

**PHYSICIAN'S STATEMENT**

Name of Child: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name of Parents:  
\_\_\_\_\_

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

Date of Examination of Child:  
\_\_\_\_\_

What is your opinion concerning the child's general health and appearance:  
\_\_\_\_\_  
\_\_\_\_\_

Has this child been screened for lead poisoning? Yes \_\_\_\_\_ (Date) No \_\_\_\_\_

Does this child have any disabilities or chronic medical problems (allergies, limited vision, etc.) which require special consideration or care by the child care provider? If so, please detail below:  
\_\_\_\_\_  
\_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Comments:  
\_\_\_\_\_  
\_\_\_\_\_

*Please return form to: Muscles and Minds 2 Peckham Street Rehoboth, MA 02769*

## 2010 SUMMER PROGRAM FEES

Early-bird discounts apply to registrations completed (with 50% deposit) before April 16th. Full-rate applies to registrations received on or after April 17th. **Please inquire about extended day arrangements as an option.** Sessions may be cancelled if there are not enough participants.

WEEK ONE		JUNE 28 – JULY 2	Early-bird	Full-rate	
Mini-Me half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
6 - 12 year old half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
5 - 12 year-old full day	9:00 AM - 3:00 PM		\$199.00	\$225.00	\$ _____

WEEK TWO		JULY 5 - JULY 9			
Mini-Me half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
6 - 12 year old half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
5 - 12 year-old full day	9:00 AM - 3:00 PM		\$199.00	\$225.00	\$ _____

WEEK THREE		JULY 12 - JULY 16			
Mini-Me half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
6 - 12 year old half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
5 - 12 year-old full day	9:00 AM - 3:00 PM		\$199.00	\$225.00	\$ _____

WEEK FOUR		JULY 19 - JULY 23			
Mini-Me half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
6 - 12 year old half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
5 - 12 year-old full day	9:00 AM - 3:00 PM		\$199.00	\$225.00	\$ _____

WEEK FIVE		JULY 26 - JULY 30			
Mini-Me half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
6 - 12 year old half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
5 - 12 year-old full day	9:00 AM - 3:00 PM		\$199.00	\$225.00	\$ _____

WEEK SIX		AUGUST 2 - AUGUST 6			
Mini-Me half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
6 - 12 year old half-day	9:00 AM - 12 Noon		\$ 99.00	\$129.00	\$ _____
5 - 12 year-old full day	9:00 AM - 3:00 PM		\$199.00	\$225.00	\$ _____

Sibling discount (5% on 2nd child, 10% 3rd child, 4th child free) \$ \_\_\_\_\_

Registration Fee - required (waived for six-week participant!) \$20.00 \$ \_\_\_\_\_

Martial Arts Uniform - optional \$25.00 \$ \_\_\_\_\_

TOTAL

50% deposit required with all applications submitted before June 1<sup>st</sup> \$ \_\_\_\_\_

Remaining balance due June 1<sup>st</sup> - Payment in full required upon registration after June 1<sup>st</sup> \$ \_\_\_\_\_

Would you like to be considered for FINANCIAL AID? \_\_\_\_\_

Are you interested in EXTENDED DAY OPTION? \_\_\_\_\_

**PLEASE READ OUR POLICY CAREFULLY:**

Discount rates apply up to April 16<sup>th</sup> only. Full refund up to April 30<sup>th</sup>. 50% refund from May 1<sup>st</sup> to May 31<sup>st</sup>. No refunds issued on or after June 1, 2010. If enrollment is too low to meet minimum required number of attendees for a given week, the week may be cancelled. A minimum number of participants is also required for the "extended day" option to be made available. Your signature on "agreement to abide" (*page 3 of application*) assures that you understand and agree to these policies.

**MasterCard, Visa or Checks payable to "Fitness Mom, Inc." are accepted.** All payments must clear in order for child to be accepted into program. \$25.00 on returned checks.

**Method of Payment (Select)**

- Credit Card – Visa or MasterCard**  
Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_ Code \_\_\_\_\_  
Name as it appears on card: \_\_\_\_\_
  
- Check**  
Date \_\_\_\_\_ Number \_\_\_\_\_

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**CONTACT INFORMATION**

Muscles and Minds™/Fitness Mom®, Inc.  
2 Peckham Street  
Rehoboth, MA 02769  
(508) 336-0123  
(508) 252-2313  
www.fitnessmom.com  
fitnessmom@comcast.net

Julia Sweet  
President/Owner

Dianne Lounsbury, MS  
Assistant Director

Kilian Sullivan-Silva  
Administration

**DIRECTIONS TO STUDIO: 340 Anawan Street – Rt. 118**

From the intersection of Rt. 44 and Rt. 118, take Rt. 118 NORTH towards Attleboro. We are approximately 1/4 of a mile up on the left in a red brick building right before the Rehoboth Police/Fire Department Building. We are located **in the back** of 340 Anawan Street.

**ALL ABOUT \_\_\_\_\_ (Name of Child)**

We are excited about your child joining us – please tell us about your child!

- Does he/she enjoy gardening, putting on plays, construction and set production, arts and crafts, reading and story telling, gardening, animals and nature? List interest and favorite activities:
- Any particular Sport or Game?
- Is your child hesitant about any activity or have any concerns of which we should be aware?
- What are your goals for your child during summer program?
- Are there any educational, behavioral, emotional, or physical concerns of which we should be aware?
- Will your child be attending with a friend or sibling?

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*Your child may use the space below to draw a self-portrait so that we can easily recognize him/her!*