

**Adventure Day Camp
Week 3 - "Active Bodies"
June 28- July 2**



During camp hours the camp counselors can be reached at 856-433-0763.



Campers learned a great deal about their bodies this week. We had so much fun at Monkey Business this morning; I would highly recommend this venue!! This afternoon we learned about how to stay safe while learning some basic karate moves. Our instructor was Drew Seigel, Mr. Seigel holds a black belt in a variety of martial arts styles. Campers were taught to yell "NO" if someone is bothering them, as well as how to break away from someone trying to hold them. Campers were taught that the techniques they learned were only to be used to defend themselves. Ask your child about the "Palm Heel" punch or the "Front Snap Kick", these were a lot of fun to practice! We hope that your child we maintain the healthy lessons they learned this week.

Welcome to the Wild, Wild West!!! Monday we will travel back in time to explore the life of those who were the first to travel west. Feel free to have your campers wear any western attire they may have.