



**LET'S GET MOVIN'
EXPLORATION CAMP
AGES 5-13 YEARS OLD**



PROGRAM: Let's Get Movin' Exploration Camp builds a sense of community through group activities, self-discovery, and sustainable living. It is designed to encourage children to be compassionate and kind in their daily lives. We will integrate movement and music with stretching and strengthening of the body. Your children will learn breathing techniques to help with anxiety, stress and relaxation. Let's Get Movin'! Exploration Camp will be a wonderful addition to or an alternative for other physical activities this summer.

<p>Session I Let's Get Movin'! Exploration Camp June 24th- 27th * Ages 10-13 * 9:00am-noon Exciting Explorations Include: Yoga, Movement, & Meditation Exploration of the Exeter River both by foot and Kayak A visit to Farmer Bob's: a journey into sustainable gardening Culinary Creations Hand Crafted Instruments & Music Beading, crafts & more Field trip to Orange Leaf Visit from Prehistorix Register before June 12th \$150.00/ register after June 12th \$160.00. Check our website for more information www.letsgetmovin.com</p>	<p>SessionII Let's Get Movin'! Exploration Camp July 29th-Aug 2nd * Ages K-4 grade * 9:00am-noon Exciting Explorations Include: Yoga, Movement, & Meditation Exploration of the Exeter River by foot A visit to Farmer Bob's: a journey into sustainable gardening Culinary Creations Hand Crafted Instruments & Music Beading, crafts & more Field trip to Orange Leaf Visit from Prehistorix register before July 15th \$170.00/ register after July 15th \$180.00. Check our website for more information www.letsgetmovin.com</p>
---	---

Fee: The fee includes camp, all activities and materials. Check the website for more information www.letsgetmovin.com **Space is limited, Register early! Maximum: 16 Students.**

***New – Early Bird Discount – register before the deadline and receive a \$10.00 discount.**

Date	Ages	Time	Fee	Class Code
Session 1: June 24 – June 27	10 – 13	9:00am – 12:00pm	\$160.00*	321700-1B
Session 2: July 29 – August 2	5 – 9	9:00am – 12:00pm	\$180.00*	321700-1A

Please make your check payable to: E.P.R.D. Visa & MasterCard accepted. Sorry, No Refunds unless the program is cancelled. A \$20.00 fee is assessed for each returned check.

EXETER PARKS & RECREATION DEPARTMENT
32 Court Street, Exeter, NH 03833
Phone: 773-6151; Fax: 773-6152
Website: <http://town.exeter.nh.us/rec>
Business Hours: Monday-Friday: 8:15am - 4:15pm