

Family Achievement Center's Core Camp



Group Objectives:

- [] Increase Core Strength with play and movement based therapy activities*
- [] Foster the ongoing development of peer interaction with core activities*
- [] Offer participants the necessary tools and strategies to initiate positive relationships with a movement based approach*

Description

Are you finding it difficult to get time to work on exercises at home?

Is it difficult to encourage your child to increase their activity level for strength and coordination building?

This 6 week summer camp will provide your child with the opportunity to work on strengthening their core muscles.

The camp will include peer interaction to encourage increased activity level and strengthening of their core muscles.

All activities included will be fun and creative encouraging them to return for further sessions.

Home programming ideas, exercises, and activities will be sent home to ensure further strengthening and coordination.

This camp is recommended for children ages 7-11.

Format

Group participants will meet once weekly for 60 minutes. For greater benefit to each participant, parent/guardian participation is mandatory for the last 5 to 10 minutes of each session to meet with the group leader for discussion and review of handouts.

Ages: 7-11

Group Leaders: Occupational Therapist, Jill Hotujec, OTR/L MA, and Heather Foerster-Bach, OTR/L

Location: Family Achievement Center, 8320 City Centre Drive, Woodbury

All groups are based on a private-pay format. Please contact our business office for more information.

Candidates new to FAC will be required to pass a free observational screening prior to class enrollment.

To register, visit our web site: www.familyachievement.com or contact 651-738-9888 for more information.

