

2009 I.S.T. Tots and Play Summer Camp

AT BURYING HILL BEACH - WESTPORT

for boys and girls 3 to 4 years

Welcome to Tots and Play Camp 2009

This exciting and action-packed camp is in its 2nd year at Burying Hill Beach. This summer, we're offering **NEW** activities and will have access to an **INDOOR** facility in case of inclement weather. We're also extending the camp for a total of 7 weeks.

Campers will work with I.S.T.'s pro-staff and be introduced to different sports and activities, play games, participate in arts & crafts, and more! Each week focuses on a fun theme, which will connect the activities and arts & crafts for that week. Our structured, action-packed program allows plenty of room for creative individuality and varying ability levels in a non-competitive environment.

Week 1: Having a Ball

This week's theme of "Let's Have a Ball" is about having fun while learning new sport skills. We will explore a variety of sport skills this week - throwing & catching, batting, and more.

Week 2: All-Stars

This week's theme of "All-Stars" is about learning that we are all special. We all will have a chance to be stars this week.

Week 3: Superheroes

This week's theme of "Superheroes" is about pretending. Using their imaginations to be "superstrong," "superbig," and "superfast" can help children feel powerful, develop pretending skills and, in some cases, solve problems. We will learn about all kinds of sport heroes, superheroes, as well as everyday heroes.

Week 4: Going for the Gold

This week's theme of "Going for the Gold" is about having fun and trying your best. We will learn how to zig zag, jump, skip, gallop, and run as we explore obstacle courses and fun games.

Week 5: Fast & Slow

This week's theme is about helping children understand that both **Fast & Slow** have important and necessary places in our lives.

Whenever we let children take their time to do things, we're giving them support for learning and growing.

Week 6: Treasure Hunters

This week's theme is about exploring, finding, and being creative.

We will run and hide, dig, and use our imaginations to explore our surroundings.

Week 7: Go-Stop-Go

This week's theme of "Go-Stop-Go" is about impulse control. We will explore a variety of sports and activities that focus on listening, sharing, and helping others.



Tots and Play Summer Camp Director

Sara Holland

Owner of Growing Tree Yoga & Kids Sports Zone

- M.Ed. - University of Virginia
- B.A. - University of Kansas
- Professional softball player-Georgia
- Division I softball player-Kansas
- CPR and First Aid Certification

Camp Schedule

Dates Code	Time	Program
June 15-19	9am - 12pm	TP1
June 22-26	9am - 12pm	TP2
June 29- July 3	9am - 12pm	TP3
July 6-10	9am - 12pm	TP4
July 13-17	9am - 12pm	TP5
July 20-24	9am - 12pm	TP6
July 27-31	9am - 12pm	TP7

Registration

COST: \$225/week + \$20 non-resident fee

SITE: Burying Hill Beach - Westport, CT

Registration forms and directions at:
www.integratedsportstraining.com

Please make checks payable to:
Town of Westport or pay by credit card.

Send checks to:
I.S.T. Baseball Headquarters
25 Van Zant St. Unit 3B
Norwalk, CT 06855

Please call/email Sara Holland or Glenn Katz

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