



## Science of Nature Camp

### Ages 7-12

If you are intrigued by the ladybugs and butterflies in your garden and love to be outside, join us this summer to explore the gardens and grounds at SUNY Ulster. You make sun prints, homemade paper with flowers, learn about plants and animals, and even create bird feeders! You learn what makes summer so unique while playing games, gardening, and making cool crafts! You leave with a plant to put in your own garden at home!

**Dress:** Please wear comfortable clothes, sneakers or closed-toed shoes, a hat, and sunglasses. Bring a towel to sit on outside, binoculars (optional), and bug catcher (from a dollar store-optional).

**Snack/Lunch:** Bring a snack. If registering for this camp and the yoga/performance camp, please bring a bag lunch and snack that require no refrigeration. Supervision is provided between camps at no extra fee.

**Educational Leaders:** Jennifer Reid and Marie Daniels are certified elementary school science teachers from Woodstock Day School, where they offer an innovative, hands-on curriculum outdoors, whether it's in the extensive school garden or hiking in their own woods.

**CFK 1017-01 Mon-Fri June 27-July 1 9 am-noon Stone Ridge \$175**

**Materials fee: \$10, payable in camp**

## Yoga and Performance Camp

### Ages 7-12

This camp leaves campers feeling relaxed, renewed, and reenergized with yoga, allowing creative ideas to flow naturally. The focus is on acting, dancing, theater movement, and physical exercises, as well as how yoga helps an artist mentally and physically. The camp unites all elements of performance for campers, incorporating yoga, daily. At the end of the week on Friday, campers perform for family and friends.

**Dress/Gear:** Please wear comfortable clothes to move around in (no skirts, dresses or flip flops). Bring a towel to sit on outside, a yoga mat, and a white t-shirt to paint on.

**Snack:** Bring a snack. If registering for this camp and the Science of Nature camp, please bring a bag lunch and snack that require no refrigeration. Supervision is provided between camps at no extra fee.

**Educational leaders:** Lana Heintjes, certified Yoga Teacher from New Paltz, brings the Vinyasa aspect to the camp and is experienced with teaching children yoga. Jennifer Reid, a teacher from Woodstock Day School who has a theater and elementary teaching background, guides campers through the theatrical process.

**CFK 1431-01 Mon-Fri June 27-July 1 1-4 pm Stone Ridge \$175**

**Materials fee: \$5, payable in camp**

**IMPORTANT REMINDER:** Your child will **NOT** be allowed to attend camp until the [Health & Permission Form](#) or the [Immunization Exemption Form](#) is completed, signed, and returned to the address below at least 7 days **PRIOR** to the first day of camp. In addition, if medication needs to be administered by the College's Health Services Staff, a [Medication Administration Form](#) must accompany the Health & Permission Form. All information will be kept confidential.

Use one form per camper and return forms to:  
Camp Ulster, KCSU, 94 Mary's Ave, Kingston, NY 12401  
or fax to: 845-339-0780.



**Register Online Today!**

**[www.sunyulster.edu/campulster](http://www.sunyulster.edu/campulster)**

**or call 845-339-2025**