

FJA SUMMER CAMP INFORMATION

Please contact the instructors (listed below) with any curriculum questions. To reserve a spot in a camp, and to pay the fee, please contact the FJA Cedar campus office at 774-6007 or walk-in. Thank you.

1. FJA DAY CAMP—Shawna Heinsius

This camp is available to any and all students who enjoy a variety of activities. Each week will have a general theme: Water play, sports, gardening/botany, and art. We will spend our days taking care of the school garden, going on walking field trips close to campus, putting on plays, playing on the playground, and working on projects including papier-mâché creatures, personal veggie pots, origami, painting, and more in a positive and creative environment.

Age: 5-10

Dates: June 5th – June 30th, Monday - Friday

Time: 8:30 – 3:30

Location: Cedar campus

Cost: \$4/hr (drop in)

Questions and Further Information: shawnaheinsius@fjacademy.com

2. GUITAR CAMP — MATT BINGHAM

This camp is for any middle school student interested in the guitar! This camp is meant to be a fun learning environment where the students learn the basics of the guitar and take home the ability to play at least a couple simple songs. If there are more experienced students, learning songs will extend to playing in a group with other students, in addition to refining your guitar technique.

Age: 5th, 6th, 7th, 8th grades

Dates: June 5th – 9th, June 12th -16th. Students are welcome to attend both or either week.

Time: 8:30 am - 11:30 am

Location: Bonito Campus

Cost: \$175

Note: FJA has 3 guitars which you are welcome to use for the week. If you would like to rent or buy your own, Arizona Music Pro rents guitars for \$15 a month or you can buy one for around \$150. Mention it's for a school camp to get this price.

Questions and Further Information: mattbingham@fjacademy.com

3. BASKETBALL CAMP — NATE JOE and KIKI LOCKETT

Kids will build confidence while improving fundamental basketball skills such as ball handling, shooting, passing, pivoting, cutting, offensive spacing, and defense (man-to-man, help side, and 2-3 zone). We will also do a lot of scrimmaging during the week. Footwork and agility will be incorporated, as will running drills to build proper form and body weight strength training. They will have an extra edge on their competition during the league, and they will be able to apply what they have learned in games.

Age: 3rd-8th grades

Dates: June 5th – 9th, June 12th – 16th

Time: 11:00 am -4:00 pm

Location: Bonito Campus gym

Cost: (Includes shirt.)

One week - \$175

Two Weeks Of Camp and League Play (Games will be starting Friday (5:00), Saturday and Sunday). Kids guaranteed six games.-\$375

*Team just wanting to play in the league.-\$350

Deadline For League (Teams and Kids)-June 1st Must Fee Paid

Questions and Further Information: Coach Kiki 928-853-0014 Coach Nate Joe-928-266-8784

Notes: Walk In For Camps Is Allowed, BUT if you pay by May 23rd the fee is \$150 (for one camp). If your child is going to do the package the fee is \$350 if paid full by May 23rd

4. **EXPLORING ARIZONA'S WATERSHEDS — TONY COLA and STEPHANIE JACKSON**

We are looking for 12 adventurous students who are interested in learning about Arizona's watersheds, how they are used as natural resources, the recreational opportunities they provide, and action needed to preserve them. During the five days, we will be exploring Northern Arizona through day trips to Lake Powell, Lee's Ferry, Oak Creek, Verde River, and McHood Reservoir. Expect to record your adventure through a field journal filled with facts and art! Each day will start at 7am and end between 5-6pm. . For course continuity and success, students are expected to attend the entire five days and pay the fee of \$400. We are looking forward to exploring Northern Arizona with your student this summer!

Our Adventure will begin Wednesday, June 14th and end Sunday, June 18th.

Age: Students who have completion of 6th-8th grade are eligible.

Dates: Wednesday, June 14th – Sunday, June 18th

Time: 7:00 am – 5:00 or 6:00 pm

Location: Meet at Bonito campus

Cost: \$400

Questions and Further Information: contact Tony Cola at tonycola@fjademy.com or Stephanie Jackson at stephaniejackson@fjademy.com

5. **MINDFULNESS CAMP — EMMANUELLE GIUMELLI**

Mindfulness is a particular way of paying attention and bringing awareness to one's experience. During the camp your child will learn mindfulness through a variety of mindfulness practices and activities. This mindfulness camp course is secular.

Benefits of Mindfulness for children:

- Better focus and concentration

- Increased sense of calm
- Improved impulse control
- Increase empathy and understanding of others
- Decreased anxiety

Age: Ages 7–15. (Two separate sessions.)

Dates: June 5th – 9th

Time: For 7-11 year olds 9:00 am – 12:00 pm; for 12-15 year olds 12:30 – 3:30 pm

Location: Cedar Campus

Cost: \$100

Questions and Further Information: hstherapyservices@gmail.com

6. CODING/ROBOTICS CAMP with CHAMBER OF COMMERCE — MARK COX

Coding: Age: 3rd - 5th graders, June 5th – 9th, 8:00 am – 12:00 pm

Coding: Age: 6th – 8th graders, June 5th – 9th, 1:00-5:00 pm

Robotics: Age: 3rd – 5th graders, June 19-23, 8:00- 12:00 pm

Location: Cedar Campus

Cost: Free

Questions and Further Information: Contact Mark Cox at the Flagstaff Chamber of Commerce cell (928) 220-5861 office (928) 774-4505

7. Health Bodies! Healthy Minds! CAMP

How do our children make choices that will optimize their health, both physically and emotionally? Sign them up to learn about the interaction between their bodies, their minds and their emotions. Your child will benefit from skillful and professional group instruction, led by a registered nurse and a clinically licensed social worker. Each day children will learn new skills that they can begin implementing immediately. We will cover Basic Anatomy/Physiology, Nutrition, Exercise, Physical and Emotional Health. Through activities such as: cooking, writing, drawing, physical exercise, music and games we will give them the tools they need to care for the bodies/minds and make healthy life choices!

Age: 1st grade-5th grade

Dates: June 5th June 9th

Time: 8:00am-5:30pm

Location: Cedar Campus

Cost \$250/wk

Questions and Further Information: Melissa.pannone@nahealth.com or text (928)707-4263