

MindUP: MINDFULNESS FOR KIDS

Is your child struggling with anxiety? Is school or homework overwhelming for them? Are they struggling with emotions that get in the way of friendships and feeling comfortable in social settings? Do their strong emotions interfere with their everyday life? MindUP <http://thehawnfoundation.org/mindup> is an evidenced based, social and emotional program built upon neuroscience, mindfulness, and self-regulation. Our brain is in charge of everything we do. Mindfulness practice can literally change the way the brain works. Practicing mindful activities, such as breath work, recognizing and labeling our emotions, and connecting with ourselves, helps us to stay more calm. Mindfulness helps us to recognize that split-second between when something happens to us and how we respond to it, so that we can choose to act in wiser ways. Instruction includes games, stories, and movement.

Day: Friday

Date: Session I: January 25 – March 8

Course Code: 19012

Session II: March 15 – April 26

Course Code: 19013

No class April 5

Time: 4:30 p.m. – 5:20 p.m.

Fee: \$90 (resident) \$135 (non-resident)

Age: 8 -14 years old

Location: Kiwanis Center

ACTING CRAZE: “DIARY OF A WIMPY KID” and “BEAUTY AND THE BEAST”

Learn acting skills while getting ready to put on a performance for your family and friends. In session 1, we will be performing a skit from the hit book “Diary of a Wimpy Kid”. In Session 2, we will perform a skit of “Beauty and the Beast.” A hilarious short skit with no singing or kissing—just acting. A final performance for family and friends will be presented immediately following the last class for each session.

Day: Friday

Date: Session I: January 25 – March 8

Course Code: 19014

Session II: March 15 – April 26

Course Code: 19015

No class April 5

Time: 5:30 p.m. – 6:30 p.m.

Fee: \$90 (resident) \$135 (non-resident)

Age: 8 -14 years old

Location: Kiwanis Center



COOL CAREERS ISLAND- CHALLENGE ISLAND WORLD TOUR (S.T.E.A.M.)

What do you want to be when you grow up? Challenge Island's all new Cool Careers Island© will give you a taste of some of the world's most exciting jobs from veterinarian to marine biologist to professional basketball player! Start engineering your future today with this STEAMtastic Challenge Island adventure.

Day: Thursday

Date: January 10 – February 28

Course Code: 19016

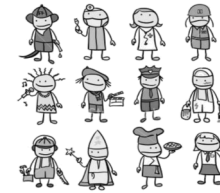
Time: 4:00 p.m. – 5:00 p.m.

Fee: \$99 (resident) \$148.50 (non-resident)

Drop in: \$15 (resident) \$22.50 (non-resident)

Age: 5 - 12 years old

Location: Kiwanis Center



RAIN FOREST ISLAND- CHALLENGE ISLAND WORLD TOUR (S.T.E.A.M.)

Grab your survival gear for an Amazonian adventure on Rainforest Island. You and a tribe full of friends will take on a jungle of challenges at breathtaking destinations like Jaguar's Claw, Monkey Swings, and Anaconda Squeeze. This not-to-be missed island is sure to sell out fast so save your spot in the Rainforest today.

Day: Thursday

Date: March 7 – April 25

Course Code: 19017

No Class April 4

Time: 4:00 p.m. – 5:00 p.m.

Fee: \$99 (resident) \$148.50 (non-resident)

Drop in: \$15 (resident) \$22.50 (non-resident)

Age: 5 - 12 years old

Location: Kiwanis Center



PARENTS NIGHT OUT and S.T.E.A.M. NIGHT FOR KIDS by CHALLENGE ISLAND

Is finding a sitter a CHALLENGE for you when you want to plan a night out (or in)! Well, challenges are our specialty!! Plan a fun night on the town or a quiet evening in, KID FREE every 4th Friday and send the kids to us! We will engage your child in so many STEAM activities, they won't realize they are learning and will be begging for more! Parents are welcome to stay for the program for no additional cost. A snack will be provided during the program as well.

Day: Friday

Date: Session I: January 25

Course Code: 19018

Session II: February 22

Course Code: 19019

Session III: March 29

Course Code: 19020

Session IV: April 26

Course Code: 19021

Time: 6:00 p.m. – 9:00 p.m.

Fee: \$55 (resident) \$82.50 (non-resident)

Age: 5 -12 years old

Location: Kiwanis Activities House