

## MIDDLES, ages 6-8

### Week 1 Game Play

Kids will learn play traditional board games and participate in camp-like outside games such as tug of war. Focus: social skills, empathy, and teamwork.

### Week 2 Take it Outside

We will take nature walks, scavenger hunts, use natural objects found to make suncatchers. Focus: discovery, creativity and problem solving.

### Week 3 Flying High

Middles will create paper airplanes and vinegar and baking soda bottle rockets, build and fly their own kites. Focus: scientific observations and critical thinking.

### Week 4 Farm to Table

Children will learn where their food comes from and how to grow plants, plant's life cycle and planting flowers. We will also make snacks or small meals that incorporate mathematical and fine motor skills.

### Week 5 Around the World

Explore our world's cultures through food tasting, craft making, music, and story sharing. Learning about other cultures and backgrounds present children with a well-rounded world view and empathy for others

### Week 6 Full STEAM Ahead

This week kids will explode volcanos, make rubber eggs, build racetracks and other structures using art skills along the way. Focus: science, technology, engineering, art and math.

### Week 7 Far Out, Space Play

Kids will make their own space mobiles with the different planets, identify constellations and learn their stories, play glow in the dark games and make glow in the dark crafts. Focus: imaginative play.

### Week 8 Going Green

Learn to upcycle materials with arts and crafts, make some plant based treats, and calculate carbon footprints. Focus: being environmentally friendly and living a healthy lifestyle.



SCHEDULE

Coming Soon

CHECK WEBSITE

## BIGS, ages 9-13

MIXED MEDIA ART  
PHOTOGRAPHY and BOOK  
BINDING  
COOKING LESSONS  
TECHNOLOGY and ESPORTS  
LEARN TO SEW  
GAMING  
PARK AND POOL  
TEAM GAMES  
VOLLEYBALL  
DOWNTOWN ADVENTURES  
\*TENNIS WEEK

This is a skills-based camp taught by tennis pro Henry Collett. WHHS Class of 2016, KHSAA state tennis tournament all 4 years in high school. TOP 10 in the state. Murray State University Tennis. Trained at the prestigious IMG Academy in Bradenton, FL. He also coaches many local tennis players.

\*Additional \$25 applies to half and full day.



## SAIL Through Summer With Capital Day School

Structured Learning and lots of Fun all summer long for Children ages 3-13.

\*must be potty trained\*  
OPEN TO THE PUBLIC





# Summer Adventures In Learning

When most adults think back to their childhood, they remember long days outside, only coming in when the sun went down. We want to recreate some of that while giving kids experiences that expand their minds and their talents.

S.A.I.L. is 8 weeks of enriching, structured summer programs designed to keep kids active, learning and engaged-- a great choice for FULL or PART-TIME childcare for children ages 3-13. Come week-by-week or spend the entire summer with us!

Camp begins June 6 and ends August 5, 2022

Full day: 7:30 am - 5:00 pm \$185 per week  
Half day: 8:00 am - Noon \$100 per week

Get more information and reserve your spot at [www.capitaldayschool.net](http://www.capitaldayschool.net)

WEEK 1 June 6-10  
WEEK 2 June 13-17  
WEEK 3 June 20-24  
WEEK 4 June 27-July 1  
**CLOSED July 4-8**  
WEEK 5 July 11-15  
WEEK 6 July 18-22  
WEEK 7 July 25-29  
WEEK 8 August 1-5

## 1/2 Day or Full Day Options

**Mornings 8am-12pm:** All ages explore their weekly themes taught by CDS teachers.

**Afternoons 12pm-5pm:** LITTLES, ages 3-5, follow preschool childcare routines in the afternoons: Nap, snack and structured play. Water fun days on Fridays.

MIDDLES, ages 6-8, have structured indoor and outdoor activities and visit Juniper Hills Park and Pool on Fridays.  
BIGS, ages 9-13, explore additional themes, walk to various locations downtown and visit the Juniper Hills Park and Pool one or more days.

## LITTLES, ages 3-5



### Week 1 Airplanes-

Making planes, shaving cream clouds and books about flying. Focus: science and sensory

### Week 2 Bugs and Other Creepy Crawlies-

Explore outside with magnifying glasses, catch and count insects. Focus: science, language and counting

**Week 3 Water Play-** paint with water and watch it evaporate, water table and sprinkler play. Focus: movement of liquids and sensory.

**Week 4 Art Discovery-** Get messy with paint and sidewalk chalk to see what we can create! Focus: art exploration

### CLOSED July 4-8

**Week 5 Beach and Boats-** Explore the beach and things that float, sensory bags, and make beach artwork. Focus: sensory and science

**Week 6 Explore Nature-** They looked for bugs, now they are going to discover and plant things that grow outside! Focus: science, counting, senses

**Week 7 Fishing in the Ocean-** Learn about oysters, play fishing games, Go Fish, and fishy art projects. Focus: science, math concepts

**Week 8 We All Scream for Ice Cream-** Make some real ice cream, play games with pretend ice cream cones, and have a lot of fun with shaving cream. Focus: sensory, language and math skills