



Summer
Camp

ages
5-12



Healthy-lifestyle education for children & families

The **HealthBarn® USA Summer Camp** program is an exciting farm adventure for children, ages 5-12. During the day from 9:00 am – 3:00 pm, campers are active by rotating between growing, harvesting and cooking with their own hand-grown organic fruits and vegetables, learning about nutrition and environmental science through games and enjoying activities in creative arts and crafts, nature hikes and scavenger hunts, yoga and sports. Each themed week campers will participate in a final event to celebrate their achievement. **HealthBarn USA**, the leader in proven healthy-lifestyle education offers a one-a-kind opportunity for your child to be a protector of the environment, a leader in agricultural preservation and a champion for living a healthy lifestyle all on the spectacular organic working crop farm where lots of chickens, rabbits and other animals call home.

What: One-of-a-kind fun and educational experience on a farm from 9:00 am – 3:00 pm, which includes:

- Planting and harvesting organic produce and herbs
- Cooking healthy recipes and playing nutrition educational games
- Exploring environmental science through adventures and events
- Sports activities, yoga and hiking
- Creative arts and crafts and nature activities
- Professional instruction for children (6 hours, 5 days)
- Nutritious breakfast, lunch and snack provided everyday (we accommodate for allergies!)
- All supplies and natural, organic food

Each themed week offers a variety of new activities and recipes!

When: Please check preferred weeks your child will be attending camp (maximum 25 children per week):

- **Series A:** June 25-29
- **Series B:** July 2-6 (pro-rated)
- **Series C:** July 9-13
- **Series D:** July 16-20
- **Series E:** July 23-27
- **Series F:** July 30-August 3
- **Series G:** August 6-10
- **Series H:** August 13-17
- **Series I:** August 20-24
- **Series J:** August 27-31

June, July & August
Monday through Friday
9:00 am – 3:00 pm



Tuition: Early bird special \$550 members / \$600 non-members per week until February 20, 2012;

- * 15% discount for first sibling, 10% for each additional sibling.
- * Fee may be partially covered by health insurance, or by a flexible savings account.
- * 15% off total for multiple weeks.

Why? Proven results that **HealthBarn USA** programs change behavior by enabling families to experience traditional values that drive healthy, wholesome lifestyles – lifestyles that have become overshadowed by today’s fast-paced, fast-food culture.

Where: **HILLTOP HANOVER FARM & ENVIRONMENTAL CENTER**

1271 Hanover Street, Yorktown Heights, NY 10598
less than one hour from New York City.

To enroll: Please contact Molly Fallon at 201-891-2066.

For more information check out:
www.healthbarnusa.com

Featured on
The Rachael Ray Show,
CNN, CBS-TV and
FOX Good Day New York
and in The New York Times
and Women’s Health
Magazine

