



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, and sports. Each week campers will participate in a final “mystery” 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 active by experiencing the first-ever 3-acre children’s production garden on an 18-acre farm where lots of rabbits, cows 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 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 28 through July 2
- **Series B:** July 5 through July 9
- **Series C:** July 12 through July 16
- **Series D:** July 19 through July 23
- **Series E:** July 26 through July 30
- **Series F:** August 2 through August 6
- **Series G:** August 9 through August 13
- **Series H:** August 16 through August 20
- **Series I:** August 23 through August 27
- **Series J:** August 30 through September 3

Tuition: Early bird special until March 31, 2010 \$595,* then fee will increase.

- * 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: **Speyer Farm** located at 441 Hardscrabble Road in North Salem, NY 10560 just one hour north of New York City.

To enroll: Please contact 201-891-2066.

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

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

