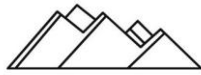


JULIA ON THE EDGE

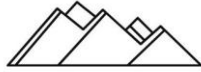


Camp Descriptions

General Camp Information

- All camps include a t-shirt and journal. One shirt/journal per participant even if registered for multiple camps.
- Open-houses will be held over Spring Break and on select weekends in March, April, and May to meet Julia, her dog, Todd, and check-out the headquarters where camp will be held. Dates TBD.
- References provided on request.
- A 50% deposit is due at registration with the balance due 1 week before camp starts.
- Payment can be made by Venmo, cash, or check.
- Must have a minimum of 2 participants to have camp that week.
- In case of rain—we will still try to do our activities outside if the rain is not too heavy and the trails are not too muddy. For heavy rain/severe weather days, we will be staying at Headquarters and doing a modified version of our camp.
- Grade refers to the grade the camper finished in May 2023. Grade levels for each camp are based on the activities we plan to do, transportation, and safety for campers.
- Extended care options available.
- Option to host some of the camps in Red Oak, Storm Lake, or Clear Lake if there is enough interest.
- Registration forms available on the website. Waiver must be signed and returned no later than the day the camper starts camp.
- Think your child is too old for camp? We will take all ages! These are especially great options for kids 12-15 who don't drive and don't have jobs yet but need something to do.
- Get your friends and all enroll in a camp together!

JULIA ON THE EDGE



Camp Descriptions

Kick Off to Summer

June 5-7	Half Day 9am-12pm	\$45	Full Day 9am-3pm	\$80
Single Day	Half	\$17	Full	\$27

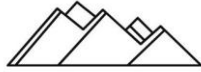
We are getting summer started right this year! This camp is for elementary students **Kindergarten-4th** grade and based out of the Julia on the Edge headquarters (my home). We will spend the majority of our time on the patio and in the backyard. Full-day campers will bring their own lunch.

Highlights include:

- Start the day with yoga followed by goal setting.
- Daily feature focusing on nature or healthy habits.
 - Day 1: Focus on Food Groups and Plant a Salad Garden
 - Day 2: Animals in Your Neighborhood
 - Day 3: Water, Water Everywhere
- Healthy snack that the kids will help make for full day campers.
 - Day 1: Veggies and dips
 - Day 2: Fruit and cheese/yogurt
 - Day 3: Watermelon pops
- Obstacle course, slack line, neighborhood nature walk, yard games, crafts
- Daily recap and journaling

*You may register for all 3 days or just 1-2 days.

JULIA ON THE EDGE



Camp Descriptions

Nature and Nurture

June 12-13 or June 26-27 **9am-4pm** **\$70**
Single Day option **\$40**

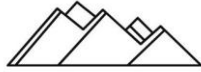
This camp will have 2 sessions. The first, June 12-13, will be grades **Kindergarten and up** while the second, June 26-27, will be reserved for campers graders **5th and up**. This camp will involve going to various locations to experience nature and therefor will only accommodate 6 participants. The focus of this camp is on simply being in nature, appreciating nature, and helping to calm and focus ourselves in a natural environment. Now...this isn't as tree-hugging/zen as it may sound! We will for sure be getting active and breaking a sweat! We will be making our afternoon snack (ingredients provided) and learning a little about healthy food choices. Nature and Nurture is a great option for kids who may be more timid about outdoor/in-the-wild activity as we will be introducing them to the outdoors in a gentler manner. It is also great for kids are more shy and don't want to be in a larger group. Participants will bring their own lunch.

Daily Schedule

- Arrive at Julia's—make snack, set daily goals
- Yoga at the lake—Saylorville, Big Creek, Jester Park
- Beach walk or Nature Hike
- Picnic lunch followed by quiet time/journaling
- Daily featured activity: Creek walk, leaf tracing, paddle boarding, pond study, prairie exploration, natural art
- Snack
- Daily recap and journaling
- Back to Julia's and prep snack for the next day

***There may be an option to extend the June 12-13 camp to 3-4 days if desired. TBD**

JULIA ON THE EDGE



Camp Descriptions

Julia's Disney Adventure

June 19-22 9am-12pm \$60

We're taking our love of all things Disney into the outdoors! This half-day camp for our **Kindergarten-4th** graders is going to incorporate some of our favorite Disney movies with fun outdoor activities, crafts, and learning experiences. Camp will be held at the Julia on the Edge Headquarters. We will start out making our own Mickey ears to wear for the week. We will also have a fun snack each day to go with our theme.

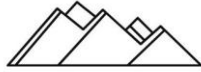
- Day 1: The Little Mermaid/Finding Nemo—Comparing ocean life to lake life in Iowa.
- Day 2: A Bug's Life—How bugs can help us and how they fit into our world.
- Day 3: Brother Bear—We may not have the mountains of Alaska, but we can still learn about wildlife in the northern wilderness.
- Day 4: Cars—Lightening McQueen ended up on Route 66 in the American Southwest. Learn about animals and features of the desert.

Ledges Excursion

July 6 8am-4pm \$50

This is a one-day excursion to Ledges State Park for grades **5th and up** and is limited to 6 participants as we will be traveling. We will be driving to Ledges and spending the day exploring the park including hiking, creek walk, learning about local wildlife and how those amazing limestone rock walls were formed. We will end the day with a special snack to cool down on our way back. Participants will bring their own lunch.

JULIA ON THE EDGE



Camp Descriptions

Farm Adventures

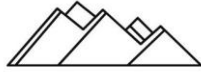
July 10-13 9am-4pm \$150

As many of you know, I grew up in a farming family in Southwest Iowa. I try to keep my kids connected to this lifestyle as much as I can. Our four-day camp for grades **Kindergarten and up** this week gets kids into some of that farm environment and learning about all kinds of animals and chores. We will make snack to take with us like we do with our other camps and head out to our farm of the day.

- We will visit 4 farms to learn about how to care for different animals, growing vegetables, fruits, and traditional row crops, as well as other perks of farm life.
- Specific information on each farm will be available closer to the time of camp. All will be located in Central Iowa.

This camp may include chores at the various farms or conditions which may involve jeans and sturdy shoes. We will be around all kinds of animals, hay, dirt, dust, and all kinds of outdoor plants. If your child has asthma or allergies, please plan accordingly. I will have a supply of Kleenex, anti-itch cream, and Benadryl...partly for me...partly for your kids! Afternoon activities may include creek walks, canoeing, pond discovery, afternoon snack and other fun things to cool off in the heat. As we will be driving, we are limited to 6 participants. Campers will bring their own lunch.

JULIA ON THE EDGE



Camp Descriptions

Adventure Weeks

Adventure Week #1	July 24-27	9am-4pm	\$195
Adventure Week #2	July 31-Aug 3	9am-4pm	\$195

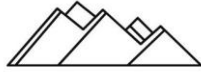
Let's do all the things! Summer is in full-swing and the heat is on! This camp keeps us moving and on-the-go! I recommend this camp for kids grades **5th and up** who are ready to try new activities and who aren't too afraid of water/lakes. Bring your lunch and we will be making our own snack at Julia's every day (ingredients provided). We will start each day with goal setting and some yoga. Adventure Week will have a max of 6 participants as we will be traveling.

The Adventure includes:

- Jester Park Nature Center and trails
- Paddle boarding
- Canoeing
- Hiking (possibly at Ledges State Park)
- Geocaching
- Indoor rock climbing
- Other activities to be determined

*Cost includes paddle board and canoe rental and rock climbing fee.

JULIA ON THE EDGE



Camp Descriptions

The Great Treasure Hunt

August 7-10	9am-3pm	\$80
Single Day		\$27

Inspired by one of our campers from last summer, we are going to spend our days creating maps, finding clues, and searching for treasure! Of course, this is going to involve hiking through the woods, finding secret trails, and using our imaginations! We are opening up to **all grades from Kindergarten up** for our last camp. We will have a max of 6 campers as we will be traveling.

Some of our activities will include:

- Learning how to read a map and creating our own treasure maps
- Hikes and creek walks
- Learning about different explorers and treasures
- Making snacks for explorers
- Geocaching
- Possible treasure hunt locations—Jester Park, Saylorville Lake Visitor's Center area, local parks