

Summer Saints

ST. JOSEPH'S SUMMER PROGRAM
2023



HAVE FUN. GET ACTIVE.
GROW WITH ST. JOE'S

MAY 30 - AUGUST 18, 2023

**STUDENTS WHO ARE AGE-ELIGIBLE FOR
KINDERGARTEN IN THE FALL OF 2023 ARE
WELCOME TO JOIN THE ST. JOSEPH'S
SUMMER PROGRAM**

**HOURS OF OPERATION:
7:30 A.M. - 5:30 P.M.**



CAMP INFORMATION

THE PROGRAM

Are you looking for a place where your children can learn, grow and explore new things this summer? Are you looking for a summer program that reflects your Catholic-Christian values? Then St. Joseph's Summer Day Camps are for you! Each week we will explore a themed topic, go on field trips, have guest speakers, learn, and have fun!

DATES

Each camp is one week long and runs
May 30 through August 18, 2023.

There is NO camp on July 4 Week! (July 3-7)

TIME

Camp hours are 7:30 a.m. to 5:30 p.m. each day, with programmed activities from 8:30 a.m. to 4:30 p.m. Students can be dropped off and picked up anytime during our non-programmed hours.

FIELD TRIP INFORMATION

Off-campus field trips (where a bus is needed) will be held at the end of the day. Parents must pick up at the field trip location by 5:30 p.m. Parents are also welcome to join in on all field trips!
(parent ticket price not included)

COST

Cost is determined by the number of camp weeks for which a student is registered. The more camps you register for, the more you will save on your weekly camp price.

9-11 weeks of camp \$180/week

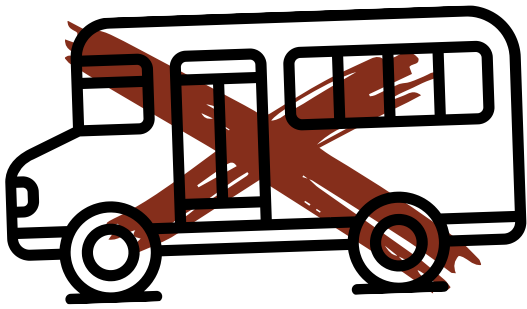
5-8 weeks of camp \$195/week

1-4 weeks of camp \$210/week

One-Time Activity Fee: \$50 includes transportation, admission to activities, snacks, supplies, and a camp t-shirt.



WHAT'S NEW THIS YEAR?



No More City Bus!

We will rent a bus to get to far-away field trips! We are utilizing close-distance field trips or having the activities come to us!

Senior Buddies!

A short walk and we'll visit our senior buddies at Ecumen Evergreens in Moorhead. We'll focus on compassion, leadership, and community as we engage with each other.



ALL LESSONS WILL
BE AN EXTRA ONE
TIME \$40 CHARGE
PER CHILD



SWIMMING LESSONS!

With the help of the Moorhead Public Swimming Program, you can send your kids to get even better at swimming at a discounted cost! The Summer Program will bring and assist your kids in attending swimming lessons if you want. The Summer Program will sign up for classes in the morning and take the students who have enrolled! Students who are not attending will stay back on campus for fun. See details and pricing in the handbook. Please reach out if you have any questions!



FAITH • LEAD
ST. JOSEPH
THE CATHOLIC SCHOOL OF ST. FR

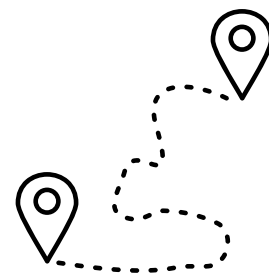


MOORHEAD PUBLIC SWIMMING LESSONS BREAKDOWN

| Level | Course Content |
|---|--|
| Preschool Swim | Recommended for first time swimmers ages 3-4. Swimmers will be introduced to: how to safely enter and exit water, jumping from the side of the pool, blowing bubbles, bobbing, supported front and back glides, and leg and arm actions. |
| Level 1 Swim Basics | Swimmers should be comfortable in the water and at least 4 years old. Swimmers will work on: entering and exiting water independently, going under water, and supported skills, including glides, floating, flutter kick, front crawl arms, and jumping in. |
| Level 2 Water Movement | Swimmers should already be comfortable with being able to float and putting their head under water. Swimmers will work on: introduction to rotary breathing and treading water, retrieving underwater objects, jumping into water over their head, and independent skills, including floating, front and back crawl arms and kicks, rolling over from front to back, and back to front. |
| Level 3 Stroke Introduction | Swimmers should already be comfortable swimming front stroke, swimming on their back, and jumping into water over their head. Swimmers will work on: changing positions in the water, freestyle with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water for one minute, jumping into deep water, and compact dives. |
| Level 4 Stroke Development | Swimmers should already be able to swim front and back crawl 25 yards. Swimmers will work on: freestyle, rotary breathing, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water for two minutes, and diving in kneeling position. |
| Level 5 Stroke Mechanics | Swimmers should already be able to swim elementary backstroke and breaststroke for 15 yards, tread water for two minutes, and perform scissors and whip kicks. Swimmers will work on: alternate breathing, treading water for 5 minutes, introduction to flip turns, and mechanics of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, butterfly, and feet-first surface dive. |
| Level 6 Stroke, Stamina, Fitness, and Pre-Lifeguarding | Swimmers should already be able to swim front crawl and elementary backstroke 50 yards, back crawl, breaststroke, butterfly, and sidestroke 25 yards, and tread water for 5 minutes. Swimmer will work on: fine tuning all six strokes, pike and tuck surface dive from board, basic water rescues, and lifeguarding skills. |

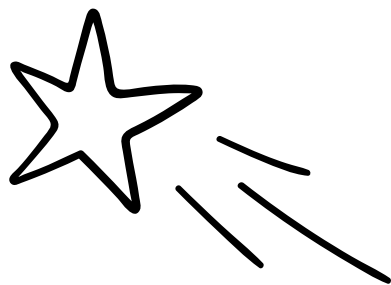
Mission Possible

MAY 30TH - JUNE 2ND



Week one: Teamwork and cooperation will make this week's missions possible! These missions will help us get to know each other and will help us develop our communication and teamwork skills for this summer!

Field Trip: St. Joe's School is becoming a giant escape room! Can you get out?



Vacation Bible School

JUNE 5TH - 9TH

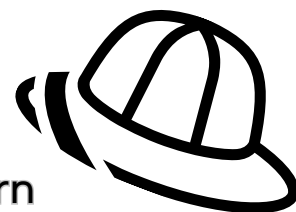
Week Two: Vacation Bible School (VBS) is always a favorite week each summer!

We will spend time with children from our parish and other parishes as we learn and grow closer to God through singing, dancing, games, readings, and more! Join us! This summer's theme is Stellar: Shine Jesus' Light!

Field Trip: We are traveling to the MSUM Planetarium!

Safari Expedition

JUNE 12th - 16th



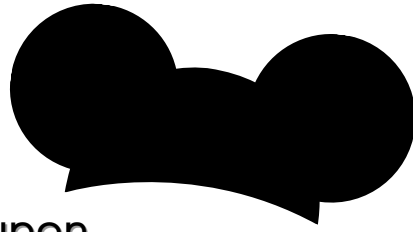
Week Three: We will take the week and learn about all the different animals. This week will be full of learning to observe our surroundings like safari explorers! We will end the week with a safari expedition to the zoo!

Field Trip: We are going on a safari expedition to the Red River Zoo in Fargo!



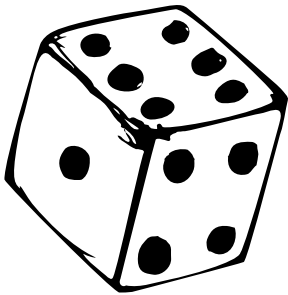
Once Upon a Disney

JUNE 19TH - 23TH



Week Four: Join us as we dream of once upon a star! All things Disney, games, movies, and we'll even be coming up with our own Disney fairytale.

Field Trip: We are watching Disney on the big screen! Comfy, Cozy day and a little bit of pixie dust!



GAMERS GALORE

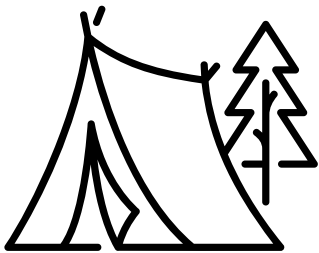
JUNE 26TH - 30TH

Week Five: In the ultimate gamers week, we will explore all types of games. Be ready for anything, as some well know games may become supersized this week.

Field Trip: We are enlarging the board games to be the size of us!

NO CAMP FOURTH OF JULY WEEK

JULY 3RD - 7TH

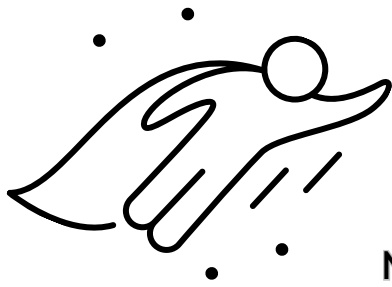


SAINT SCOUTS

JULY 10TH - 14TH

Week Six: We are going through the woods and earning some Saint Scout Badges the week! The campus is getting a wildlife make-over and we are learning all kinds of skills this week!

Field Trip: We are bringing the wilderness to campus, with fun games and opportunities so show off our saint scout badge skills!



Super Heroes Week

JULY 17TH - 21TH

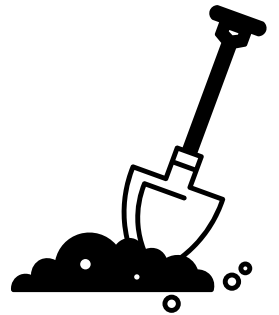
Week Seven: Look, it's a bird! It's a plane!
No, it's St. Joe's Saints! All things superhero
and learning how to be honest life superheroes!
Who better than the real-life heroes in our community
to teach us the ropes?

Field Trip: Heroes, Heroes everywhere! We are going to
see some real-life superheroes, and some might
come to see us!

Archeologist Dig Site

JULY 24TH - 28TH

Week Eight: The Dino Dig site is back this year!
This theme is a favorite of our past attendees. Join
us this week for sensory dig sites, Dino-size projects,
and more! Who knows what we will dig up?



Field Trip: We are going to Thunder Road! Is there a Dino at
every volcano??



Tiny Scientists Lab

JULY 31ST - AUGUST 4TH

Week Nine: Grab your goggles and test
tubes for a week of hands-on science
experiments! This week will be a blast
of different sensory-based experiments
the kids are sure to go mad for!

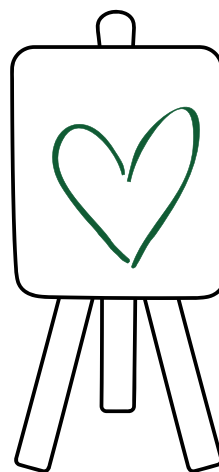
Field Trip: Water based experiments will turn our
campus into a water park!



Art from the Heart

AUGUST 7TH - 11TH

Week Ten: We will be using our creativity and compassion this week! Tons of fun projects in different mediums for our tiniest artists to create something for those in need in our community. Come and create something that will make others smile this week!



Field Trip: We will create a life-size art project for St. Joseph's parish.



Camp's Got Talent

AUGUST 14TH - 18TH

Week Eleven: Now that we know all about each other, we are taking the time to show our talents to our friends and family. This week we will reflect on everything we learned about ourselves with a big send-off of self-confidence for the new school year!

Field Trip: We are putting on a Talent Show at the end of the week full of our talents!



Parents are welcome to attend the on or off-campus end-of-week fun! Email us if you would like to attend. Tickets for off-campus field trips are not included, no extra charge for on-campus activities.



School Key Card Access

For your child's safety, our school is a locked facility. Parents can obtain critical fobs to access our rooms upon registration. The key fob has no additional fee as long as it is returned on time.

Summer Program Handbook

After you have submitted your enrollment application, you will be sent a handbook with general information about the program. Also included will be our behavioral policy, permission slips, and swimming lesson information.

Please fill out all the needed information and email it to summer@stjoesmhdschool.com

Activities Galore!



Each week has a unique theme, in which students will engage in activities throughout the week. Each week will incorporate fun projects that let the students fully immerse in that week's themes. Some theme weeks will include guest speakers, field trips, or on-campus experiences. In addition to the theme activities, students will visit the library once a week and have the opportunity to take swim lessons at the Moorhead Public pool. Students will engage with our senior partners when we travel to Ecumen Evergreens in Moorhead.

Our Schedule

7:30 Morning Care

(Cold Breakfast Provided)

8:00 Mass

(On Thursdays Only)

**8:30 Welcome and go over the
Visual Schedule**

8:45 Morning Prayer

9:00 Theme Activities

10:00 Outdoor play

11:00 Lunch

11:30 Quiet Time

(Nap time for Nappers)

**12:30 Weekly Adventure or
Theme Activity**

(We will adventure to the library
and see our Senior Buddies!)

3:30 Snack

(Snack Provided)

4:00 Theme Activity

4:30 After Camp Care Begins

5:30 Summer Program Pickup

**Those who sign-up for
swimming lessons
during the weeks of
June 19-29**

9:15 Get ready to go to
swimming lessons

9:45 lessons begin

11:00 Back on Campus

**On Fridays of Off-Campus Field
Trip**

2:30 Get ready to board the bus

3:15 Arrive at location

3:30 Off-site snack

5:15 Round up

5:30 Parent pick-up at the
location

On Campus Friday Field Trip

3:00 Start

3:30 Snack

4:45 After Camp Care

5:30 Pick up

***Schedules are subject to change, times are approximate**

How to Register

1. Visit

www.stjoesmhdschool.com

2. Click on "Register for Summer Program 2023!"

3. Complete the admissions application process in TADS.

4. Provide payment for the one-time activity fee payment of \$50.

5. Submit the application.

6. The Summer Program Director will send you the Summer Program Handbook.

7. Fill out needed forms as well as swimming lesson forms if needed and email or hand into the Director.



ST. JOSEPH'S SCHOOL

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Moorhead, MN 56560
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Summer Program Director
Carissa Valnes