

MANTECA PARKS AND RECREATION DEPARTMENT
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Kids' Zone

February 2012 NEWSLETTER

Junior Recreation Leaders

Junior Recreation Leaders ages 13-15 can volunteer in the Kids' Zone Program by assisting participants with cooperative games, educational activities, homework, and other duties. This volunteer position can be utilized as community service hours. Applicants are required to fill out an application form/waiver and participate in an interview process prior to entering the program. The before-school program hours are 6:30-8:30am and the after-school hours are 3:00-6:00pm. *Hours are estimated and will vary with parent approval.*

Participation Fees:

One-Time Registration Fee of \$25.00 • Monthly Program Fee of \$40.00

REMINDERS!

Kids' Zone Closed
2/10, 2/13 and 2/20

Minimum Day 2/17

Rec Office Closed
2/10, 2/20 and 2/24

*Parents, thank you
for the supply
donations to our
Kids' Zone
Program!*

Eat This / Not That!

Institute a 15-Minute Rule

Make it a family rule that there will be 15 minutes of roughhousing between the time Mom and Dad get home for work and the kids go off to bed. Researchers from the University of Bristol measured the activity of 5,500 12-year-olds and found that just 15 minutes a day spent doing moderate physical activities (equivalent to a brisk walk) reduces the chances of being obese by up to 50 percent. Keep playing for another 15 minutes and you'll burn 240 calories; about the same amount you would burn on a moderate bike ride, according to a study in the Journal of Sports Medicine and Physical Fitness.

Spring Break Day Camp

Location: Stella Brockman Elementary School **Hours: 6:30 a.m-6:00 p.m.**
Spring Break Camp will be offered the week of March 12-16. The camp is for children in grades K-7. A morning and afternoon snack will be provided; however, children will need to bring a sack lunch daily. The camp will provide enrichment activities, educational games, arts and crafts, and outdoor activities (weather permitting). For additional information please contact the Manteca Parks and Recreation Department office at (209) 456-8600.

