

# Camp Heather

## Summer Camp for Girls

singing



cooking



arts & crafts



yoga

JULY 5-9 and/or  
JULY 12-16, 2010

Brought to you by:  
'Art' Heather, 'Singing' Heather, and  
'Yoga' Heather

### What is CAMP HEATHER?

If your daughter is between the ages of 7 -12 and they love arts and crafts, cooking, music and maybe even yoga, **Camp Heather** is a great opportunity for your child to blossom this summer.

This unique experience combines the arts into an enriched week (or two), where girls will build confidence through singing, explore their minds and bodies through the practice of yoga and express themselves through art and cooking.

This is our third year offering Camp Heather in Richmond Hill to young girls, who want to focus on their creative talents, inner beauty and want to make some lasting friendships. The warm and welcoming environments of each Heathers' home studio as well as the beautifully landscaped pool and yard area make Camp Heather a perfect setting for both indoor and outdoor activities.

### Who's Heather?

Three very talented and inspiring Heathers, bring their individual passions and talents together to offer these young girls the opportunity to shine from the inside out.

**Heather Baker** owns *A Little Inspiration* – a company that inspires women of all ages through workshops and home décor.

**Heather Bibas** owns Center Stage - A music studio where kids build confidence through singing.

**Heather Skoll**, Movement From Within – offering Rubinfeld Synergy & Yoga, specializing in teaching children

### TO REGISTER:

905-770-6337 for Heather Baker or  
heather@alittleinspiration.com

### Program Details (each week):

**Day 1:** Singing; art; cooking; yoga; swimming

**Day 2:** Singing; sewing, yoga, art; games, nature lovers

**Day 3:** Singing; art; cooking; yoga; swimming; games

**Day 4:** Singing; sewing, yoga, art; games

**Day 5:** Singing; drama; backyard barbeque lunch; group activity; swimming; games.

**Note:** swimming is weather permitting

### Details:

**Space** is limited to 16 girls each week (first come, first serve basis)

**Location** – alternating between the three Heather's home studios in Westbrook, Richmond Hill (details on registration form)

**Dates** – July 5-9 and/or July 12-16, 2010

**Hours** – 9:30 am – 4:00pm

**Cost** – \$325 (plus HST) for 1 week – \$50 deposit  
OR \$625 (plus HST) for 2 weeks – \$100 deposit

**Note:** Deposits are non-refundable

**Balance due:** May 1st, 2010.

### What's included :

- 5 full days of camp with 3 lunches provided or
- 10 days of camp with 6 lunches provided
- 2 snacks each day
- All materials and supplies

For more info on Camp Heather, visit:

[www.alittleinspiration.com](http://www.alittleinspiration.com)

[www.freewebs.com/studiocenterstage/](http://www.freewebs.com/studiocenterstage/)

[www.movementfromwithin.com](http://www.movementfromwithin.com)

