

Summercise Interns



Hi! I'm **Alli Mahonski**, a recent graduate of the University of Pittsburgh. Some of my favorite things to do include reading, laughing, and being outside, especially on nice days, I'm so excited to be a part of Summercise for the 2019 year and cannot wait for the adventures to come this summer!



Hi there! My name is **Courtney VanderWal** and I am in the Dietetics program at Michigan State University. When I have free time, I enjoy playing guitar, backpacking, traveling, and food! More specifically I love getting out of my comfort zone, constantly cooking, and trying as many new things as I can. I look forward to a fantastic summer!



Hello, I am **Rachel Quick** and I am from Fulton, Missouri! My favorite things to do are run, swim, explore new places, hike, and try new foods! I also enjoy painting and watching Marvel movies when I'm not studying. I can't wait to experience everything Nome has to offer, and I am especially excited for Summercise!



Howdy! My name is **Emily Wilson** and I am from San Antonio, Texas. When I am not studying, I love to go for walks, play volleyball, try new recipes, and spend time with my friends and family. I am absolutely thrilled to spend my summer in Nome!

Community Volunteers

Chip Leeper Nome Recreation Center and Pool
Wanda Iya and Katie Hannon Traditional Living
Katie Kazmierski KNOM

Thank you!



Hi! My name is **Carly Ellis** and I'm from New Jersey. I love spending time in nature- especially hiking, visiting the beach, and exploring national parks. My hobbies include cooking, baking, reading, and traveling to new places. This is my first time in Alaska and I'm so excited to spend my summer in Nome!



Hello! My name is **Maura Hohl** and I am from Maryland and love to cook healthy meals for my friends and family. I am an avid runner and have enjoyed completing half-marathons and three Marine Corp marathons. I am so excited to be a Summercise intern and to have the opportunity to teach and role model healthy eating and the importance of exercise to the Summercise children!



Hi! I am **Rebecca Mulima**, a nutrition student at the University of Texas at Austin. I am passionate about all things food and how it can be utilized for preventative measures. I also love to spend time with family and friends, dance, travel, and be in the great outdoors. I am super excited to learn from and serve the community in Nome this summer!



Hey there! My name is **Brittany Powers** and I am from the southwest part of Michigan. Some of my hobbies include drawing, hiking, trying new foods, and visiting local coffee shops. I absolutely love to travel and experience different cultures, so I am thrilled to get to know and learn from the people of Nome!

Summercise 2019

Dates and Times

Monday - Thursday
 1:15 PM to 4:30 PM
 Session #1: June 10 - 27
 Session #2: July 8 - 25

Age Groups

5 and 6-year old's
 7 and Up

Registration

Opens May 28th at Noon
 Closes June 7th at 5PM

Find the link at:

<https://www.nortonsoundhealth.org/services/community-health-services/camp/summercise/>

Fees

Due by June 10th.
 Payment can be brought to the CAMP Department or paid the first day of Summercise.

Parent Meeting

June 6th 4:30-5:30PM
 MPR at Nome Rec Center
 A chance to meet our interns and have questions answered



NORTON SOUND HEALTH CORPORATION



Strong Youth

Healthy Lifestyles

Strong Families



Nome Eskimo Scholarship:

If you are a Nome Eskimo Community Tribal Member, you may be eligible for a scholarship to supplement cost of Summercise. You may pick up an application at Nome Eskimo Community or it can be found on their website: <http://www.necalaska.org>. **Applications due June 7th.**

Migrant Education Program Scholarship:

If you are a Migrant Student, you may be eligible for a scholarship to supplement costs of Summercise Fees. Families must apply for assistance by Friday, June 7th by contacting Jamie Burgess at 907-443-6167 or Alisha Papineau at 907-443-2231 or email jburgess@nomeschools.org or apapineau@nomeschools.org. Due to limited funding, scholarships will be awarded on a first-come, first-serve basis. **Contact by June 7th.**

Session #1 June 10th - 27th

1:15 - 1:30	Summercise Drop Offs			
5 & 6	Monday	Tuesday	Wednesday	Thursday
1:30 - 4:30	Puddle Jumpers Balloon Dance Party Mystery Box Adventure Awaits	Run! Kick! Score! Growin' Crazy Taking Whisks Treasure Hunting	Puddle Jumpers Balloon Dance Party Mystery Box Adventure Awaits	Run! Kick! Score! Growin' Crazy Taking Whisks Treasure Hunting
7 & UP	Monday	Tuesday	Wednesday	Thursday
1:30 - 2:30	Let's Have a Ball Blend it up KNOM Radio Olympic Gold Traditional Living	Little Flippers Ready, Set, Let's Move Greatest Summercise Chef Cookoff	Let's Have a Ball Blend it up KNOM Radio Olympic Gold Traditional Living	Little Flippers Ready, Set, Let's Move Greatest Summercise Chef Cookoff
2:30 - 3:30	Balling to the Top Little League Sluggers Totally Twisted Make your Plate		Balling to the Top Little League Sluggers Totally Twisted Make your Plate	
3:30 - 4:30	Kick'n It Fit Around the World Hohlistic Nutrition Superhero Training		Kick'n It Fit Around the World Hohlistic Nutrition Superhero Training	

Session #2 July 8th - 25th

1:15 - 1:30	Summercise Drop Offs			
5 & 6	Monday	Tuesday	Wednesday	Thursday
1:30 - 4:30	Group Games Go with the flow Yoga Build or Bust Rainbow Eaters	Creation Craze Nature Walks Superfood Superheroes I Spy!	Group Games Go with the flow Yoga Build or Bust Rainbow Eaters	Creation Craze Nature Walks Superfood Superheroes I Spy!
7 & UP	Monday	Tuesday	Wednesday	Thursday
1:30 - 2:30	Culinary Concoctions! Frisbee Freestyle Cheerigraphy Embrace Yourself	Chef in Training Outdoor Adventures	Culinary Concoctions! Frisbee Freestyle Cheerigraphy Embrace Yourself	Let's travel and EAT around the world Nature, Trails, and Hikes, oh my!
2:30 - 3:30	Switch it, Change it They Shoot, They Score! Movement for Everyone Flash in Training		Switch it, Change it They Shoot, They Score! Movement for Everyone Flash in Training	
3:30 - 4:30	What's on my Plate? Flex and Stretch Batter Up! Hockey Stars		What's on my Plate? Flex and Stretch Batter Up! Hockey Stars	

Session #1

J	MON	TUES	WED	THURS
U	10	11	12	13
N	17	18	19	20
E	24	25	26	27

Session #2

J	MON	TUES	WED	THURS
U	8	9	10	11
L	15	16	17	18
Y	22	23	24	25

Summercise Directors

Bailey Martin, RD, LD: Registered Dietitian
Stephanie Stang, MS, RD, LD: CAMP Manager

Summercise Contacts

CAMP: 443-3365
Summercise Director Main Line: 434-1043
Nome Recreation Center: 443-6645
Nome Swimming Pool: 443-5717

Other Summer Events

Gold Dust Dash:

June 22nd
East End Park
Registration at 8:30am
Race Starts at 9:00am
A chance to win a gold nugget!

Summer Lunch:

Available youth up to age 18
Monday - Friday
12:00 PM to 1:00 PM
Boys and Girls Club



Questions? Contact:
[Nome Community Center](#)
443-5259
[Boys and Girls Club](#)
443-6006

Wyatt Earp Dexter Challenge:

July 27th
Old St. Joe's Parking Lot
Registration at 9:30am
Race starts at 10:00am

Kindergym:

Monday, Wednesday, Friday
Nome Recreation Center
10AM - Noon
Friday's are FREE, hosted by CAMP



Payment

Registration Fees are due by June 10th. Payment can be brought to the CAMP Department or paid the first day of Summercise. **Last day to Register is June 7th.** No Internet access? No problem. Stop by the CAMP office anytime Monday through Friday from 8AM - 5PM to register.

Nome Eskimo Community Scholarships & Migrant Education Program Scholarships Available
Additional information about scholarship options on the first page.

Cost per # of Children	1 Session ONLY	1 Session with Pool	Both Sessions	Both Sessions with Pool <small>(Pool ONLY Session #1)</small>
1	\$45	\$75	\$75	\$100
2	\$80 (\$40 per child)	\$140 (\$70 per child)	\$140 (\$70 per child)	\$190 (\$95 per child)
3	\$105 (\$35 per child)	\$195 (\$65 per child)	\$195 (\$65 per child)	\$270 (\$90 per child)
4	\$120 (\$30 per child)	\$240 (\$60 per child)	\$240 (\$60 per child)	\$340 (\$85 per child)
5	\$125 (\$25 per child)	\$275 (\$55 per child)	\$275 (\$55 per child)	\$400 (\$80 per child)

7 and Up Classes Session 2

5 and 6 Year Olds Classes

Tuesdays
1:30 - 4:30

Chef in Training

Emily

Get your aprons on and come cook super tasty meals with us. We will be learning how to use basic kitchen equipment, developing culinary skills, and learning how to read recipes. After this class we will be calling you the next master chef! Goals: Gain knowledge of basic food preparation and incorporate nutrition into every meal.

Outdoor Adventures

Rebecca

Do you really know the area you live in? Can you describe 3 different species of plants and animals that inhabit your surroundings? If you can't, you might know the location where you live but there's lots you can learn about the beauty and nature all around you! Come and do so as we get some laid-back exercise on a relaxing hike! Never thought exercising could be relaxing. Come try it out! Goals: Learn a low intensity exercise and way to relax and stay active at the same time.

Thursdays
1:30 - 4:30

Let's travel and eat around the world

Maura

Come and explore the different cultures and delicious food of countries around the world. We will create and enjoy culturally inspired cuisine. Let's dig in! Goals: To emphasize the importance of learning about other cultures around the world and appreciating their amazing food! To foster positive attitudes and open minds about trying new foods and spices.

Nature, Trails, and Hikes, oh my!

Courtney

Many people live busy, on the go lives and don't the time to appreciate all the beauty that nature possess. This class will encourage students to stop during our hikes and really look around at what nature has to offer. Goals: Students will get physical activity through hiking and take time to stop and look around at what nature has to offer.

5 & 6 – Session 1
Monday and
Wednesdays

Puddle Jumpers

Rachel and Carly

In this class, students will learn beginning swimming techniques and strokes to become proficient swimmers. The children will be learning entry-level skills and safety, with the fair share of water games of course! Goals: Gain comfort going in and out of the water, learn swim techniques.

Balloon Dance Party

Alli and Brittany

Do you think you can dance and keep your balloon up in the air? Let this be a time where you can wiggle it all out with your favorite music while trying to keep balloons afloat! Goals: Have children gain confidence with dance moves, promote hand-eye coordination skills

Mystery Box!

Brittany

Want to try some unique food creations? In this class, you will be trying some exciting foods hidden in a box and then tell me what you think you are eating? Goals: Increase exposure to different types of food and allow children to practice food judging.

Adventure Awaits

Alli

Tired of the same old games you play outside? Come learn some new games and improve your skills for your old favorites! Even develop your leadership and teamwork skills with team sports. Goals: Learn leadership and team building through new games and teach equipment-free games

5 & 6 – Session 1
Tuesdays and Thursdays

Run! Kick! Score!

Brittany

Want to play an exciting soccer game with your friends? Well this soccer game comes with twist with multiple goals and multiple teams, so everyone can enjoy kicking and scoring! Goals: Keep children moving and learn basic soccer moves and plays

Growin' Crazy

Carly

Get your hands dirty growing your own little garden! See how a small seed turns into food we can eat and learn how to care for plants through fun gardening crafts and activities. Goals: Learn the basics of gardening and recognize the food we eat comes from plants

Taking Whisks

Alli

Ever wonder why they tell you to eat the rainbow? Come learn the how's and the whys about eating a rainbow! Make your own recipes, try tasty food, and find the best ways to fuel your body! Goals: Learn the function and safety of kitchen tools and appliances, be able to draw and label MyPlate

Treasure Hunting

Brittany

Ahoy Matey! Ready to release your inner pirate? Come have a fun adventure searching for little treasures using only a treasure map full of clues until you reach X marks the spot! Goals: Learn how to read clues and problem-solve. Learn how to be more aware of surroundings.

5 & 6 – Session 2
Mondays and
Wednesdays

Group Games

Brittany

Come play some classic games like Sharks and Minnows, Simon Says, Limbo, color running, obstacle courses, musical statues, tag, Four Corners, and many more with your friends! Have any games in mind that you miss playing? Bring it here and let's have fun! Goals: Develop leadership and teamwork and keep children active

Go with the Flow Yoga

Carly

Become a young yogi in this introductory yoga flow. Together, we will learn basic yoga poses through fun and peaceful games and activities. Goals: Improve flexibility, coordination, and balance

Build or Bust

Alli

See which team can build the best structure in this relay event. With your team, you will answer questions and complete tasks to gather the supplies for your assigned structure, once everyone has all their materials, the building begins! Goals: Develop teamwork skills and creativity

Rainbow Eaters

Rachel

Enjoy building vibrant and exciting, colorful snacks together while exploring new and different ingredients in fun combinations! Goals: Learn how to pair different foods and assemble snacks with assistance.

5 & 6 - Session 2
Tuesdays and Thursdays

Creation Craze

Alli

Let your creativity shine during craft time! Make decorations for you, your home, and even your friends. We'll use traditional craft supplies like markers and glue and supplies we find in nature too. See what you can make when the sky's the limit! Goals: Learn new crafting techniques and plan and build crafts from supplies found in nature.

Nature Walks

Rachel

On our nature walks at camp the kids will learn about the world around us and basic techniques for navigation while exploring Nome on foot! Goals: Learn common plants in Nome and walk for the class in fresh air.

Superfood Superheroes

Carly

Find out how fruit and vegetables keep our bodies strong and healthy like a superhero! Learn how to make super tasty snacks using fruits and vegetables. Goals: Learn how the different colors of foods

I Spy!

Brittany

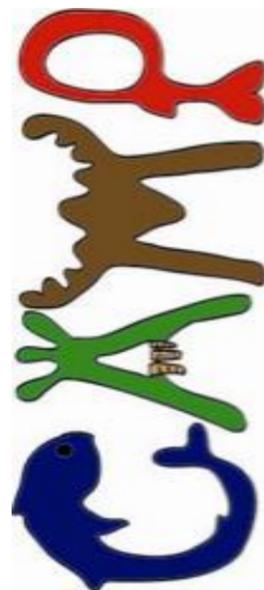
Ready for a challenge? To get the map you must first gather all the clues using the I spy hints. Hints from nature, hints about food, and even hints about the sound a certain animal makes. You never know what could be given and what you will have to find! Goals: Develop reading skills while being active.



Camp Staff

(Left to Right)

Stephanie Stang, MS, RD, LD: CAMP Manager
Bailey Martin, RD, LD: Dietitian and Summercise Director
Talyn Green: ECCS Coordinator
Wanda Iya, CTTS: Tobacco Cessation and Prevention Educator
Kim Gray: Administrative Specialist
Kelly Keyes Zweifel, RD, CDE, LD: Wellness Director
Katie Hannon, CTTS: Injury Prevention Coordinator
Carol Hobbs, CLC: Health Educator
Debra Gross, MS, RD, LD, CDE: Dietitian and Diabetes Educator
Pat Owens, RD, LD: Dietitian



7 and Up Classes - Session 1

Monday and
Wednesdays
1:30 - 2:30

Let's Have a Ball

Courtney

Do you love ball games? There's room for all skill levels in this basic guide to ball sports! Goals: Increase knowledge of basic ball sports and increase physical activity.

Blend it Up

Emily

Give your blender a whirl with this fun nutrition class by learning how to make healthy snacks like smoothies and hummus. Goals: Increase knowledge of nutrients and encourage consumption of healthy snacks.

KNOM Radio

Katie Kazmierski

Max: 7 students
Let your voice be heard! KNOM invites interested youth to learn about broadcasting with DJ Katie. Practice writing PSAs (public service announcements) and developing your 'radio voice'.

Olympic Gold

Rebecca and Maura

Discover your inner Olympian as you create a one-of-a-kind gymnastics routine by putting together basic skill components taught in the class. Don't have experience? Don't worry about it! All the starting knowledge you need will be provided in the class. Goals: Learn basic gymnastics skills and stretching exercises.

Traditional Living

Wanda Iya and Katie Hannon

Max: 15 students
Join us and engage in an hour of tradition and culture. Learn how to make mittens, crocheting, beading and more! Goals: Learn how to make traditional crafts.

Monday and
Wednesdays
2:30 - 3:30

Balling to the Top

Maura

Come and show your basketball skills! In this class, we will learn fundamental basketball skills and rules, such as dribbling, shooting, and defense. We will also engage in fun drills and games, such as Around the World, Knock-out, scrimmages, and musical basketball. Goals: Develop fundamental basketball skills and encourage teamwork.

Little League Sluggers

Emily

Learn basic softball skills like throwing, catching, and hitting. We will complete drills that help us practice these skills and play fun games. At the end of this class you will be an ALL STAR! Goals: Learn the rules of softball and develop basic skills to play.

Totally Twisted

Courtney

A fun combination of yoga and pilates in a class designed for kids! Using movements designed to strengthen the body, we will incorporate crafts, games, and stations to ensure a fun and creative environment to physically and mentally thrive. Goals: Encourage creativity in children and provide cardio opportunities.



Make Your Plate

Rebecca

You probably eat foods from all the food groups, but you might not know what the food groups are or how they do cool things to help your body function! Come uncover this mystery and learn how to build a well-balanced plate! Goals: Learn the MyPlate method and guidelines.

Monday and
Wednesdays
3:30 - 4:30

Kick'n It

Courtney

Come kick it in a friendly competition of Kickball! It's like baseball but with the feet. We'll do it like the pros- We will go through an energetic moving warm-up to some groovy music, then enter game mode. Everyone will be split into two teams then the games will begin! Goals: Learn proper warm-up and stretching and engage in cardio exercise.

Fit around the World

Rebecca

Come have fun with some energetic dance fitness routines inspired by styles of dance and music from around the world! Goals: Integrate creativity and fitness while learning about other cultures.

Hohlistic Nutrition with Ms. Hohl

Maura

Let's learn how to build a balanced plate and explore healthier alternatives to our "sometimes" foods, such as chips, doughnuts, or candy. We will have a blast creating "hohlistic", or whole, meals together! Goals: Learn how to eat a healthy, balanced meal. Learn how to portion plates out at mealtime.

Superhero Training

Emily

Build your agility, strength, and speed with this fun fitness class. We will combine relay races with fun exercises to make you fit like your favorite superhero! Goals: Learn easy exercises that can be incorporated into daily life

Tuesdays and Thursdays
1:30 - 4:30

Little Flippers

Rachel, Courtney, and

Emily

In this class students will further their knowledge of swim and the different strokes. We will focus on gaining water skills to become better swimmers while enjoying the water! Goals: Gain comfort treading water. Gain understanding of swim strokes and to control breathing while underwater.



Ready, Set, Let's MOVE!

Maura and Rebecca

Come kick it in a friendly competition of Kickball! It's like baseball but with the feet. We'll do it like the pros- We will go through an energetic moving warm-up to some groovy music, then enter game mode. Everyone will be split into two teams then the games will begin! Goals: Learn proper warm-up and stretching and engage in cardio exercise.

The Greatest Summercise Chef Cookoff

Maura and Rebecca

Come one and come all as Summercise students compete for the title of "The Greatest Summercise Chefs." In this class, students will be split into teams to create delicious, healthy meals from a pre-selected amount of food items. Goals: Learn food safety and basic cooking skills.

7 and Up Classes - Session 2

Monday and
Wednesdays
1:30 - 2:30

Culinary Concoctions!

Courtney

Do you love to create and try new food? In this class we will focus on establishing healthy eating habits by learning how to make tasty culinary dishes from all over the world! Goals: Improve nutrition habits by education and application.

Frisbee Freestyle

Emily

Send your frisbee flying high in the sky with this class. We will practice throwing frisbees and play fun games like ultimate frisbee, frisbee baseball, and have throwing contests. Goals: Learn how to properly throw and catch a frisbee.

Cheeriography

Rebecca

Is it 2-4-6-8? Or 5-6-7-8? Either way, you'll get to count on going both ways in this cheer and dance class! You'll learn dance style cheerleading moves as well as some other genres of choreography such as hip-hop. Goals: Learn how to execute choreography of different styles.

Embrace Yourself

Maura

Ever notice how our bodies come in different shapes and sizes? In this class, we will explore body positivity and embracing our bodies exactly the way they are. We will focus the class on exercises that show us how strong our bodies are, such as yoga, running, self-defense, and other ball games. Goals: Foster healthy attitudes toward a child's body.



Monday and
Wednesdays
2:30 - 3:30

Switch it, Change it

Rebecca

What are some foods you know of that are usually labeled as, "Unhealthy"? Did you know that changes can be made to those foods to make them healthier? Come see out how the way you prepare food and pick your ingredients can make food more nutritious without sacrificing the taste! Goals: Discover healthier food preparation and ingredient alternatives to increase nutrient value.

They Shoot, They Score!

Emily

We will be learning and practicing basic basketball skills like dribbling, passing, and shooting. Put your skills to the test with fun games like red light/green light, knockout, HORSE, and three on three. Goals: Learn the rules of basketball and develop basic skills.



Movement for Everyone

Maura

Everyone is a dancer! In this class, we will learn basic dance techniques to our favorite pop songs. This class will emphasize that everyone can dance, no matter their experience dancing! Each child will be asked to create a specific dance that describes them and will be encouraged to develop their own interpretative dance to share with the class. Goals: Encourage children to express themselves through dance.

Flash in Training

Courtney

Just like the superhero, you too can run fast and far! In this track and field class, you have the option to run sprints, long distance, and even relay race. If you like to run, this class is for you! Goals: Promote physical endurance in a fun and healthy way.

Monday and
Wednesdays
3:30 - 4:30

What's on my Plate?

Emily

In this class we will learn about the different food groups and how to build a healthy plate. We will focus on the different nutrients we need each day, proper portioning, and the importance of a colorful plate. Goals: Learn different components of MyPlate.

Flex and Stretch

Rebecca

This lively class is one that will get your muscles pumping, your heart thumping, and your spirit jumping! It combines strength training with flexibility and agility building activities which includes all the components to make you a more well-rounded athlete! Materials needed? Just your body and the readiness to break a sweat! Goals: Learn strength, flexibility, and agility building.

Batter Up!

Courtney

This class is designed for kids who love to play ball! We will dive into the basics of the game: batting, catching, and throwing. We will end each class by applying what we learned. Goals: Children will learn and implement the basics of playing the game of softball.

Hockey Stars

Maura

Aim, shoot, and score!! In this class, we will learn basic floor hockey stick skills as well as fun drills and team building exercises. We will have a blast playing scrimmages and developing our floor hockey skills! Goals: Build teamwork through team activities.

