

## Workshops

(1:00 PM-3:00 PM unless otherwise stated)

*\*\* Materials Fee is \$10 per workshop for club members and \$25 for non-members.*

- If Food Could Talk (6yrs – 11yrs):** A humorous, but in-depth look at how different foods affect the body. Members are taught what different foods would say to them if in fact food could talk. **June 27, 2006**  
**July 15, 2006**
- Taming the Monkey Mind (6yrs – 9yrs):** Learning to sit still and focus attention can be difficult for all children (and adults). In *Taming the Monkey Mind*, participants learn fun and simple ways to calm their minds and bodies, achieving better focus and self-control **July 11, 2006**  
**August 16, 2006**
- Surfing Your Brain Waves (10yrs-14yrs):** Ride a Beta wave to better focus and self-control! Participants will learn how different brain wave states affect their thinking and behavior, and then learn fun, simple techniques to help achieve calm and focus. **June 28, 2006**  
**July 25, 2006**
- Summer Chef (6yrs-11yrs):** Learn how easy it is to make and enjoy nutritious and delicious snacks. **July, 18 2006**  
**August 3, 2006**
- Summer Chef (12yrs-14yrs):** Learn how easy it is to make and enjoy nutritious and delicious snacks. **July 13, 2006**  
**August 9, 2006**
- Study Skills Series (6yrs-14yrs):** Foundational strategies for success in the classroom in age appropriate groups.
- **Study Skills I:** Self organization and time management **June 29, 2006**  
**August 1, 2006**
  - **Study Skills II:** Maximizing comprehension **July 12, 2006**  
**August 8, 2006**
  - **Study Skills III:** Classroom and standardized test taking and study habits **July 19, 2006**  
**August 17, 2006**

## Special Courses

*\*\* 11:00 AM and 1:00 PM M-F between the start and end date. Requirements: Club membership and \$25.00 materials fee.*

- Super-Size Me Analysis (11yrs-14yrs):** Spend two weeks analyzing the eating habits of friends and neighbors. This course teaches members how to have fun using scientific methodology. Begin to understand why good nutrition and positive lifestyle choices are critical to a healthy mind and healthy body. **June 19, 2006 – June 30, 2006**
- Super-Size Innsbrook (11yrs-14yrs):** Lights! Camera! Action! Aspiring filmmakers will want to sign up for this 3 week video project documenting the eating habits of the Innsbrook community. While visiting some of the most happening lunch spots in Innsbrook, members will document what they learn through a video diary. **July 10, 2006 – July 28, 2006**

## Tournaments

kSero offers tournaments in requested games, such as Monopoly, Chess, Metanon, or a new game developed by a renowned physician. Details will be available by June 15. Additional fees may apply.

**You may either contact us directly to set your summer schedule. Or, if you prefer we will send you a form to fill out.**