



EVOLVE

Girls Mentorship Camp

Mission

To provide empowering summer experiences to youth through sports, arts, and nature. Play encompasses many positive journeys to explore, create, and inspire.

Teresa Mangan

Certifications:

Instructapole

NCSF

Animal Flow 1,2, & 3

Bulgarian Bag

FMS 1 & 2

Special Olympics

Pre/Postnatal

Intigrative Stretching

Z-Health Essentials

CPR & First Aid



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Overview

Young girls will engage in sports, arts, nature, dance, and other recreational activities throughout the summer.

Team and individual skills will be covered through fun motivational activities.

Participants will learn how to be creative in their environment to pursue positive interests beyond summer activities.

8-12 year olds

20 Participants

Park Slope

Weeks Offered

Week 1: July 13- July 17

Week 2: July 20- July 24

Week 3: July 27- July 31

Week 4: August 3- August 7

Week 5: August 10- August 14

Week 6: August 17 – August 21

Week 7: August 24 – August 28

Half-Day

Daily

Weekly

Schedule

The day will start with sports at J.J. Byrne Park with sessions on basketball, team handball, soccer, pickleball etc.

We will then walk up to Prospect Park for lunch. Following will be an arts & crafts, nature, dance, natural parkour, and additional sports sessions.

Water activities will be included throughout the day to keep them cool.

9:00 a.m.

**Drop off
@ J.J. Byrne Park**

12:00 p.m.

**Lunch
@ Prospect Park**

4:00 p.m.

**Pick Up
@ Harmony Plg.**

Sports

We will cover basketball, soccer, team handball, pickleball, volleyball, etc.

Young players will learn the foundations of each sport through individual and team skills. Participants will then have the opportunity to put those skills into engaging games.

Playes will have some choice time to follow their curiosities.



Confidence

Teamwork

Adaptability

Nature

Youth will be taken on hikes to practice long distance vision, recognizing nature, calm breath work, and curious conversation.

Participants will engage in natural parkour, tag, hide and seek, ninja, and other game to get them intouch with nature.

Deeper relationships with nature, leads kids to make more enviornmentally concious decisions.



Grounding

Vision

Awareness

Arts & Crafts

Some of the art projects will include painting, drawing, tydie, t-shirt design, 3D Art, art with nature, sewing, jewelry, etc.

Individuals will work with different textures, colors, and canvases to fuel their creativity.

Participants are invited to bring their own materials to create art as well.



Creativity

Tactile

Fine Motor Skills

Dance & Music

Dancing is the quickest shortcut to happiness.

Participants will explore different styles of dance and be encouraged to find their own rhythms. Individuals will also create sounds and beats.

We will work collectively to create group pieces in fun ways.



Expression

Rhythm

Collaboration

Pool & Water Days

Summertime can be hot but water activities can motivate kids to keep them moving.

We will take trips to the pool on very hot days and visit the water sections at the local playgrounds.

Participants will be allowed to carry water sprayers and towels.

Cool Off

Sensory

Continue Play

Rainy Days

These days may be spent at Tigermom Aerial Hoop Studio, Red Hook Recreation Center, the local libraries, LeFrak Center, museums, movies, etc.

Dry Off

New Scene

Continue Play

What to Pack???

Lunch

Snacks

Water Bottle

Bathing Suit

Extra Clothes

Sunscreen

Lock for a locker

Journal

Optional:

Additional sports equipment or art supplies.

Clothes

Food

Journal

Pricing

Participants can register for full weeks, specific days, or half days.

The group will remain small to allow for more intentional coaching and mentorship experience.

Will vote on special trips and take donations if costs are extra.

Weekly

\$450

Full Day

\$100

Half-Day

\$60

Google Form Registration

[Click Here](#)