

LITTLE SOUL SUMMER NIGHTS

A Mindful Mini Camp for Kids (Ages 7–12)

Little Soul Summer Nights is a fun and meaningful evening experience where kids can unplug, unwind, and simply be themselves. Each session is designed to help children build confidence, creativity, mindfulness, and friendships through engaging activities in a safe and supportive environment.

Activities Include:

- Yoga & Movement • Journaling & Mindfulness • Crafts & Bracelet Making
- Swimming & Free Play • Friendship Circles • Confidence Building & Self-Expression

Location: 58 Garfield Place, East Rockaway

Time: Fridays • 6:00 PM – 8:00 PM

CHILD INFORMATION

Name: _____

Age: _____ Date of Birth: _____

*******Can your child swim without floaties?** ☐ Yes ☐ No*****

Allergies, Medical Conditions, or Special Instructions:

PARENT / GUARDIAN INFORMATION

Parent/Guardian Name: _____

Phone Number: _____ Email Address: _____

Emergency Contact Name: _____ Relationship to Child: _____ Phone Number: _____

SESSION REGISTRATION , (please register 5 days before session)

☐ June 26 ☐ July 3 ☐ July 10 ☐ July 17

PAYMENT INFORMATION \$40 Per Night

☐ Pay-As-You-Go

☐ Register for All Sessions in Advance (Receive 10% Off)

Sibling Discount Available

Number of Siblings Attending: _____

☐ Zelle ☐ Venmo ☐ Check ☐ Cash

PARENT PERMISSION

I give permission for my child to participate in Little Soul Summer Nights activities, including yoga, crafts, mindfulness activities, swimming, and supervised free play.

I understand that my child must follow all safety instructions and that I have disclosed any relevant medical conditions, allergies, or special needs.

Parent/Guardian Signature: _____ Date: _____

Questions or Registration: Heather • 516-581-5415

