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Laurier adds BODYWORX to summer camp options

WATERLOO – Wilfrid Laurier University has added a **new summer camp, BODYWORX**, to its existing children’s summer camp offerings. The camp, run by Laurier’s Kinesiology and Physical Education department, offers research-based, high-activity programming for children aged five to 11.

BODYWORX is a week-long camp offered in two sessions in July on Laurier’s Waterloo campus. Campers will participate in various research-based physical activities including dance, yoga, martial arts, swimming, soccer and co-operative games.

The first session runs from **July 20-24**; the second session, running from, **July 27-31**, has been designed exclusively for children with physical and/or developmental delays.

“Campers will learn about the body and how it works through the research studies that are being conducted in the Kinesiology and Physical Education department,” said **Pam Bryden**, chair of Laurier’s Kinesiology and Physical Education department. “Campers participating in the second week of programming will work one-on-one with a counselor who has experience working with children with physical and/or development delays.”

Bryden is leading the camp along with **Mike Cinelli**, associate professor in Kinesiology.

Laurier is also offering the popular **BrainWorx** camp again this summer. Run through Laurier’s Psychology department, the camp gives children aged five to eight the chance to participate in experimental and training studies. BrainWorx campers will learn through hands-on activities about how the brain works, how we learn language and how to master self-control while also participating in fun outdoor activities such as swimming, climbing, dance, chess and craft activities.

“Based on the phenomenal popularity of BrainWorx in previous years, we are thrilled to be able to offer the BrainWorx experience to a new group of children,” said **Kim Roberts**, professor in Laurier’s Psychology department.

For further information about BODYWORX, BrainWorx, athletics and recreation, ArtsExpress and Laurier Enriched Academic Programming (LEAP) summer camps, **visit www.wlu.ca/camps4kids**.

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