

AEF Summer Program

"Success is measured one child at a time"



- Have Fun
- Make Friends
- Develop Social Skills
- Improve Life Skills
- Form Bonding Relationships
- Learn Independent Living Skills



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Introduction

Children have many needs... love, understanding, a sense of belonging, and achievement.

Unfortunately, there are many children who do not experience this positive cycle, and therefore cannot adjust to family, school, and/or society's demands.

AEF Summer Programs offer a special experience. Our goal is to build confidence in campers as they grow to organize their world and build positive relationships with peers. Our program and staff help campers develop respect for rules and authority figures (including family), exercise sound judgment, take responsibility for their actions, and have fun.

This means we ensure a fun summer and also understand the year round system campers must adhere to. Our camp program teaches life skills which the camper can implement into their home, family and school.

These children, despite their intelligence, march to the beat of a different drummer. AEF Camp Programs are designed specifically for these children and adolescents. All camp programs are Co-ed and are comprised of weekly sessions.



Programs and Ages

(the ages listed below are recommended ages for the campers and are NOT restrictions)

- Summer Camp (Ages 5-12 years old)
- Young Adult Camp (Ages 12-18 years old)
- Senior Young Adult Camp (Ages 18 to 22 years old)
- CIT / JR Counselor Programs (Ages 13-22 years old)
- Junior Overnight Summer Camp (Ages 5 - 12 years old)
- Senior Overnight Summer Camp (Ages 13 - 22 years old)
- AEF Summer School (1st through 12th grade)

Who Are We?

The AEF Summer Program is a branch of Alternative Education Foundation, a leading not for profit organization catering towards children, adolescents, and their families who are not being successful in the traditional school (camp) environments, socially, and/or at home.

The camp staff is comprised of the same multi-disciplinary team who service our full time program during the school year. All our staff are fingerprinted, pass a nationwide background check, and are CPR certified and FirstAid trained.

Day Camp (Ages 5-12 years old)

Our guided activities, based around a unique theme each summer, focus on innovative life management programs. Each camper receives individual assistance and instruction within a group framework. These activities teach the camper to gain self worth, take on responsibility, follow instructions, develop organization skills, control impulsivity, adhere to social norms, and of equal importance – **HAVE FUN!**

Art

We encourage campers to use the most important art tool that they have to create great art – their imagination. The campers make art they can hang, they can wear, they can give as gifts, and art that shows off their name and who they are. They will even use food items to create edible masterpieces. A special art project is done every week to accompany the weekly theme. Each group has a scheduled art activity at least twice a week.



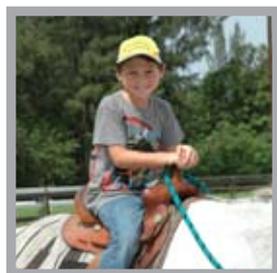
Who are our campers?

No two children are the same. Every child is a person and every person has their own unique set of skills and deficits. Many of our campers do not have a diagnosis; they simply prefer a smaller, safer, and more structured camp environment. Some of our children have been diagnosed / misdiagnosed with ADHD, ASD, NVLD, and other social or communication deficits.

Our campers have some or all of the following characteristics.

They:

- Can be restless and fidgety
- Do not enjoy a traditional camp setting
- Have trouble making / keeping / treating friends
- Do not possess appropriate conflict resolution skills
- Experience anxiety in new or uncertain situations
- Find the concept of time nonexistent
- Have difficulty with the organization of their rooms, work, and life
- Have trouble listening and responding effectively
- Have problems with critical thinking
- Have trouble relating cause and effect
- Have trouble staying focused or remaining on task
- May come across as rude or oppositional
- May have low self esteem and /or seem depressed
- May have trouble functioning within a group setting
- Need constant reminders
- Often talk excessively
- Repeat same behaviors despite constant redirection and intervention
- Do or say without thought or consequences



Computers and Digital Media

Campers visit our state-of-the-art computer lab several times each week. During IT, campers perform various tasks and are assigned activities including:

- Downloading and uploading pictures they have taken from digital cameras
- Given free time to be creative and play
- Introducing campers to appropriate games and web sites
- Integrating video taken and making camp movies
- Learning how to work on music videos
- Making logos and signs for their teams
- Researching the week's theme

Each camp room is also equipped with computers allowing students to continue their computer based projects when the lab is in use.



Music

Incorporates the popularity of the latest music video games, multi-media, and technology. Campers are also given an opportunity to showcase their individual skills during talent contests throughout camp. Campers are introduced to various genres of music beginning with 50's & 60's and ending with modern Rock and Rap. Each week at Color War, different music is played in accordance with the theme. We end the summer with individual groups performing camp songs which they wrote.

All camp activities are designed for students to have fun while reinforcing the following skills:

- Critical Thinking
- Memory Skills
- Organizational Skills
- Problem Solving
- Sequencing Skills
- Socialization Skills



The activities both indoors and outdoors, are specifically designed to promote good social judgment, following direction skills, increased attention, and ability to focus. The campers have scheduled activity sessions throughout the weeks, as well as, some sort of physical activity every day.



Outdoor activities include traditional team sports such as basketball, kickball, dodgeball, volleyball, soccer, and hockey (to name a few) In addition to traditional games are AEF's in house developed games. These activities and games are completely new to our campers (change each year) and are designed to remove the advantage of experience and practice - giving every camper a chance to succeed.

Our sports and activity program is designed to promote:

- Being part of a team
- Establish healthy competition
- Fair play
- Following the rules
- Good sportsmanship
- Having fun
- Learning how to win and lose graciously
- Participation
- Supporting others



Science and Invention

These sessions tap into the campers' natural curiosities of exploring life's mysteries while having fun. Campers focus on nature, magic tricks, kitchen chemistry, and physics. Example activities include blowing up a balloon with everyday items from the kitchen (baking soda and vinegar), making silly putty a.k.a. goop, cultivating a butterfly garden, and developing photographs using the sun.



Games

The campers play a variety of board games, computer games, card games, educational games, guessing games, logic games, lawn games, and table top games. Some of these games are commercial and some are created by our counselors. These games are chosen to:

- Develop problem solving skills
- Encourage fair play and healthy competition
- Improve decision making
- Promote socialization and bonding
- Stimulate cognitive thinking



Swimming

Campers swim several times per week at a local pool, beach, or water theme park.

- ** All campers are swim-tested the first day the camper attends swimming
- ** Campers enjoy free swim time while monitored by certified lifeguards as well as our counselors.
- ** All staff CPR and first aid trained.



Color War Competitions

Each camper is assigned to one of two teams. Campers will remain on their team for the duration of summer camp. Semi-weekly, the campers gather, divide into their teams, and compete against each other (and sometimes even against counselors!) in a myriad of unique games including:

- Balloon shaving
- Basketball shoot-outs
- Best costumes
- Bottle feeding
- Bubble gum blowing
- Cheering and chanting
- Chubby bunny contests
- Coke / Pepsi challenge
- Cup stacking
- Egg and spoon races
- Freeze dancing
- Indoor bowling
- Limbo contests
- Logo design
- Marshmallow stuffing
- Song writing
- Sports
- Team skiing
- Team spirit
- Toilet paper mummies
- Video games
- Water balloon toss
- And More



Campers have opportunities to earn points for their team every day through competition, sportsmanship, effort, and team spirit. Counselors keep a visual running score for each team in their camp room allowing campers to track their team's progress.

In Color War, the activities are designed to help campers learn:

- Art of winning and losing gracefully
- Friendship-building skills
- Healthy competition
- How to laugh at one's self and have fun!
- Sportsmanship and fair play
- Team-building skills



Field Trips

Field trips are used as an opportunity to exercise social skills, make friends, and practice following directions. Field trips may include:

- Airboat Rides
- Beach Parties
- Bowling
- Ice Skating
- Movies
- Museums
- Plays
- Roller Skating
- Water Slide Park
- And More



Young Adult Summer Camp (Ages 12-18 years old)

The Young Adult Summer Experience caters to adolescents who find the idea of “summer camp” too childish or ‘babyish’. This program presents unique adventure experiences designed to develop interpersonal and professional skills used in everyday life. The program is demanding physically and emotionally. These challenges help facilitate a sense of maturity, social bonding, and independence.



Through the intensity of the experience, level of personal challenge, and level of accountability, the program encourages individuals and groups to brainstorm, plan, take risks, and support one another.

Participants are exposed to concepts such as collaboration, empowerment, trust, cooperation, acceptance, and personal growth.



Activities during the program include:

Organized Sports

- Archery
- Basketball
- Dodge ball
- Floor hockey
- Kickball
- Volleyball
- Wrestling

Arts and Crafts

- Designing
- Models
- Painting
- Woodworking

Field Trips

- Biking
- Boating
- Canoeing
- Driving range
- Fishing
- Go karts
- Laser tag
- Mini Golf
- Rapids
- Rock climbing
- Rope courses
- Sports events
- Snorkeling
- Swamp Buggy
- Trips to the beach
- And More



Skills Learned in our System

- Accepting NO for an answer
- Controlling impulsivity
- Following directions
- Hygiene and nutrition
- Self-monitoring
- Self-discipline
- Thinking before doing
- Taking responsibility
- Understanding consequences of actions

Task Analysis Skills

- How to begin a task
- How to stay on task
- How to complete a task

Organizational Skills

- Of belongings (including lunch, swimming gear, clothing)
- Of self (including personal care and hygiene)
- Of tasks (including tools, directions)



Friendships

- How to choose friends (the right friends)
- How to keep friends
- How to make friends
- What a friend is / what friendship means

Critical Thinking Skills

- Learning strategies
- Memory training
- Planning
- Problem solving

Tuning Out Distractions

- From anxiety
- From movement
- From noises
- From thought

Sequencing of Life Skills

- At home
- At school

Required Social Graces

- At restaurants and other public places
- At visits to other homes
- Using manners and proper etiquette

These activities also serve as a constructive forum where communication is enhanced, and participants are able to learn more about themselves and each other.

The program is designed to allow participants to focus on their strengths and weaknesses in order to enhance their performance. Activities allow counselors to address issues such as team building, communication, problem solving, decision making, leadership, conflict resolution and many other skills.



Senior Young Adult Summer Camp

(Ages 18-22 years old - College bound)

The Senior Young Adult program is for older, more mature campers who still enjoy a summer experience with their peers; but do not want to be mixed in with traditional summer camp.

Develop independent living skills:

- Shopping / Cooking
- Organization / Schedule
- Cleaning / Laundry
- Transport
- Medication
- Hygiene

The program is designed to teach students how to take care of themselves and successfully integrate into a new environment.

Participants will also be taught preparation, organization, and utilization tools and strategies. Participants will learn how to plan/pack for activities, how to stay on track, and how to evaluate the effectiveness of the plan and strategy (for future benefits).

While each camper has different needs, possible benefits and outcomes include:

- Development of skills that enhance group decision making and leadership
- Develop task analysis
- Enhanced communication skills
- Facilitate organizational skills / assessment skills
- Improved individual and group awareness
- Improved goal setting, planning and vision
- Increased appreciation and respect for differences existing within a group
- Strengthened commitment to team goals



CLT (Counselor in Training) Jr. Counselor Programs (ages 13-22 years old)

This program is specifically geared towards young teenagers / adolescents and is designed to teach maturity, responsibility, leadership, and independence. Instead of being a camper, the youth is assigned to a camp group as an assistant to the Teacher/Head Counselors. As an assistant, they are given a variety of responsibilities and duties.

Counselors in Training are monitored daily by the staff members and receive a score based on performance, reliability, and efficiency. The scores then translate into a base salary that is actually paid to the campers at the end of each week. It is the first time that many of our campers experience working and earning money. This program instills a sense of pride and achievement, which becomes one of the many foundation blocks for lifelong success



Junior Overnight Summer Camp (Ages 5 - 12 years old)

Senior Overnight Summer Camp (Ages 13 - 22 years old)

AEF Overnight Camp offers all the activities, fun, and benefits of day camp while addressing additional life skill, social skill, and independent living skills. Many overnight campers experience several milestones at AEF including:

- Experience living in a community, sharing, caring, and respecting others.
- First time away from home without family
- Formation of lifelong bonds and friendships
- Learning to be more independent, mature, and self confident

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Campers stay in clean, spacious, air conditioned rooms - helping to provide an atmosphere conducive to comfort, forming friendships, and learning. Campers attending Overnight Camp receive all the benefits from the day camp programs plus a whole set of additional skills including:

- Being part of a family system (sharing rooms, bathrooms, electronics)
- Budgeting (learning how to budget money, spend effectively, and appreciate the value of a dollar)
- Cleaning (cleaning room, bathroom, dining area, shower area)
- Getting ready in the morning (getting dressed, brushing teeth, breakfast, cleaning room)
- Laundry (washing, drying, operating washer/dryer, folding, putting away laundry)
- Packing (learning to pack for a day outing, evening, or overnight trip)
- Planning (thinking ahead, predicting, being prepared)
- Preparing for bed time (showering, cleaning bathroom, clothes in hamper, towel hung up)
- Shopping (preparing menu, grocery lists, purchasing items, preparing meal)
- And More

Evening activities (from BBQ at the beach to Movies and the mall) provide a summer full of fun. The camp culminates with an overnight trip to Disney World, Busch Gardens, Universal Studio or Legoland.

**Overnight Camp includes enrollment in any one of AEF's summer day programs.

**Nutritious menus are planned and special dietary considerations are available.



AEF Summer School

Tutoring and Mixed Day Programs (1st through 12th grade)

We feel most children and adolescents should be given the opportunity to enjoy their summer without schoolwork. However many children and adolescents need to enroll in summer school or have tutoring.

They:

- Cannot afford to take 3 months off from school due to weak academic skills
- Have elected to take summer credits to help them graduate early or qualify them for Advanced Placement enrollment in Fall
- May need to make up work or credits not completed during the school year
- Need to take advantage of the time in order to build stronger academic skills

AEF Summer School and Tutoring program offers a wide array of services to accommodate every camper / student's needs.

Full Day Summer School

Summer school students attend both the morning (8:30 to 11:30) session and the afternoon (12:30-3:30) session each day with a one hour break for lunch. This program is designed for students who are trying to earn credits or make up work they have missed during the regular school year.

Half Day Summer School

Students attend either morning sessions or afternoon sessions. This program caters to students who do not need the amount of credits, makeup work, or intensity of the full day summer program. These students have the option of attending one of the Summer Camp programs either in the morning or the afternoon.

Tutoring

For students needing or desiring tutoring in specific core subjects, individualized programs are available during the summer. Through individualized tutoring, campers can gain a competitive edge, fill in the missing gaps, or even reinforce concepts already learned. Tutoring also allows the campers to participate in Summer camp, providing the best of both worlds - academics and fun.

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Summary

AEF Summer Camps provide children and adolescents with a safe and nurturing environment. Campers are free to discover their identities, develop self-esteem, earn self respect, learn how to lead, know when to follow, make friends and **HAVE FUN**.

When campers return home they are more caring, understand the importance of giving, are better equipped to stand up for what they know is right, and are willing to be more responsible. These qualities ensure individual success, instill happiness, build successful nations, and promote civil and compassionate societies.

Information and Miscellaneous

Transport

AEF offers transport within a 20 mile radius of each campus. Pick up points and door to door services are available. If a student lives outside of the 20 mile radius, special arrangements can be made through the camp.

Uniforms

AEF requires campers to wear AEF camp shirts on all field trips.

Hours - Monday through Friday

Pre Care: 7:30 a.m. - 8:30 a.m

Camp Hours: 8:30 a.m. - 3:30 p.m.

Afternoon Program: 3:30 p.m - 5:30 p.m.

Aftercare Program

Parents needing to pick up their children late in the afternoon may enroll them in the Aftercare Program. Campers will be monitored as they participate in activities and games. Additional Aftercare Field Trips are also offered twice a week, to such places as the movies, laser tag, bowling alleys, arcades, etc.



Medications

AEF will ONLY dispense/administer medications provided there is a signed note or a copy of a prescription from a licensed Medical Doctor.

Therapy & Counseling

AEF works closely with Music, Occupational, Speech, Language, Cognitive, Individual, and Family therapists throughout the area. Therapists and Doctors who have applied for and received visitation privileges at AEF may see students on campus during the day, before school, or after school.

Admission Process

The majority of children / adolescents who attend our summer camp are either enrolled in our year round program or have applied for admission for the following school year - therefore they have gone through the admission process. Campers who do not go through the admission process as described below are accepted to summer camp on a trial basis.

This process consists of:

- Private interview with family
- Private interview with student
- Brief academic screening
- Review of all background information and files
- Review of AEF intake paperwork
- Campus tour
- Based on results - further testing or a trial period may be required



If a student is accepted to AEF, the admission process moves to the finance department.

AEF will also assist families in finding an appropriate school / camp placement if their child is not accepted.

Financial Admission Process

Parents who cannot afford full tuition must:

- Fill out scholarship request / financial aid forms
- Provide all required documentation (Tax returns, Personal Financial Statements)



AEF Camps Non-Discrimination Policy

AEF Camps actively promote equal opportunity policies and practices confirming to laws against discrimination. AEF Camps is committed to non-discrimination with respect to race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.



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Supervised by our full time professional teaching staff

ADHD / Aspergers Welcome

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www.AEFcamps.com



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