

Summer Enrichment Ideas

K-2 grade

IXL Learning

Read a book to someone 3x a week

Set a goal of getting 5 AR points this summer

Tang math games

ABCya math fact games

Rocketmath (1st and 2nd grades)

Khan Academy

Starfall (Kindergarten)

Summer practice workbooks

Totus Tuus

3rd-5th Grade

IXL Learning

Khan Academy

Splash Learn

Wichita Public Library has a summer reading program

Summer Bridge workbook: if you buy it at Imagine that Toys, then you get a gift card when you complete it and return to the store.

Classes at Sedgwick County Zoo

City Arts Classes/Camps

Totus Tuus

Set a goal to read 1 or 2 books for AR this summer

6th-8th Grade

IXL Learning

Read an AR book

Prodigy

Khan Academy

WSU Summer Enrichment Program
Mark Arts Summer Program
Exploration Place Summer Camps
Wichita Art Museum Summer Camps
Sedgwick County Zoo Summer Camps
Wichita Parks and Rec Camps
Summer Practice Workbooks
Study Island
Totus Tuus
Volunteer at Holy Family Camp (8th Grade)

KEEP YOUR BODY MOVING!

Splash Pads:

You can find the 6 locations that are currently open:

- [Buffalo](#) - 10201 W. Hardtner Ave.
- [Edgemoor](#) - 5813 E. 9th St. N.
- [Evergreen](#) - 2700 N. Woodland Ave
- [Harrison](#) - 1300 S. Webb Rd. - new
- [Planeview](#) - 2819 Fees S. - new
- [Riverside](#) - 720 Nims

SKATING RINKS

Carousel Skate Center

4.5(1.2K) · Roller skating rink
312 N West St · (316) 942-4505
Roller rink with a skate shop

[Website](#)

[Directions](#)

Skate South

4.4(93) · Roller skating rink
1900 E MacArthur Rd · (316) 524-7261
Skate south is a great place to skate!"

[Website](#)

[Directions](#)

Roller City

3.9(589) · Roller skating rink

3234 S Meridian Ave · (316) 942-4555

PICKLE
BALL



[Chicken N Pickle](#)

<https://chickennpickle.com> › [Locations](#)

Chicken N Pickle – a unique, indoor/outdoor entertainment complex with a casual, ...

Boston Recreation Center

4.2(35) · Recreation center

6655 E Zimmerly St · In Boston Park



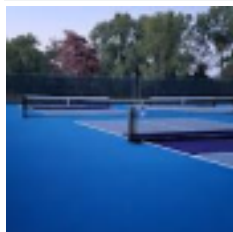
"Fun place to play **pickleball**!"



Pickleball courts at SCP

No reviews · Sports club

6501 W 21st St · In Sedgwick County Park



Seneca Park-Pickleball Courts

5.0(1) · Pickleball court

SWIMMING:

[Evergreen Park Pool](#): 2700 N. Woodland

College Hill Pool: 304 S. Circle Dr. – closed in 2021 for renovations

Genesis Health Club: 1551 N Rock Rd

Minisa Park Pool: 1350 N. Jeanette

Rockwood Pool: 7547 E. Rockwood

TRAMPOLINE PARKS:

Urban Air Trampoline and Adventure Park

4.3(661) · Amusement park

8545 W Irving St · (316) 281-7173

Indoor trampoline activity center

[Website](#)

[Directions](#)

Wichita Sports Forum

4.4(1K) · Sports complex

2668 N Greenwich Rd · In Greenwich Place Shopping Center · (316)

201-1414 [Website](#)

[Directions](#)



FITNESS CHALLENGE

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 Burpees 3 Knee to Elbow	2 3 Bicycles 3 Frog Jumps	3 TENNIS TASK CARD OR CHOOSE A SPORT	4 3 Burpees Skip in Place (20 seconds)	5 3 Bicycles 3 Knee to Elbow	6 3 Burpees 3 Frog Jumps
7 5 Bicycles Skip in Place (20 seconds)	8 5 Burpees 5 Knee to Elbow	9 5 Bicycles 5 Frog Jumps	10 VOLLEYBALL TASK CARD OR CHOOSE A SPORT	11 5 Burpees Skip in Place (20 seconds)	12 5 Bicycles 5 Knee to Elbow	13 5 Burpees 5 Frog Jumps
14 7 Bicycles Skip in Place (30 seconds)	15 7 Burpees 7 Knee to Elbow	16 7 Bicycles 7 Frog Jumps	17 TENNIS TASK CARD OR CHOOSE A SPORT	18 7 Burpees Skip in Place (30 seconds)	19 7 Bicycles 7 Knee to Elbow	20 7 Burpees 7 Frog Jumps
21 10 Bicycles Skip in Place (40 seconds)	22 10 Burpees 10 Knee to Elbow	23 10 Bicycles 10 Frog Jumps	24 VOLLEYBALL TASK CARD OR CHOOSE A SPORT	25 10 Burpees Skip in Place (40 seconds)	26 10 Bicycles 10 Knee to Elbow	27 10 Burpees 10 Frog Jumps
28 12 Bicycles Skip in Place (50 seconds)	29 12 Burpees 12 Knee to Elbow	30 12 Bicycles 12 Frog Jumps	31 TENNIS TASK CARD OR CHOOSE A SPORT			

Keep Students Active in May! These fitness activities can be done at school or home with no equipment needed. On Wednesdays, if kids do not have tennis balls, volleyballs, or alternatives, they can choose their favorite sport in honor of **National Physical Fitness & Sports Month**.

 Refer to Tennis & Volleyball Cards on Page 3

 For Knee to Elbow exercise, repeat for each side

Find the visuals & descriptions for each fitness activity below.



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.



FITNESS CHALLENGE

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3 Carioca 3 Lunges	2 3 Squats Hop on 1 leg (15 seconds)	3 NATURE WALK (Walk for 1 mile)
4 5 Carioca 5 Lunges	5 5 Squats Hop on 1 leg (20 seconds)	6 5 Carioca 5 Jumping Jacks	7 TASK CARD #1	8 5 Carioca 5 Lunges	9 5 Squats Hop on 1 leg (20 seconds)	10 START A GARDENING PROJECT
11 7 Carioca 7 Lunges	12 7 Squats Hop on 1 leg (25 seconds)	13 7 Carioca 7 Jumping Jacks	14 TASK CARD #2	15 7 Carioca 7 Lunges	16 7 Squats Hop on 1 leg (25 seconds)	17 BIKE RIDE (Ride for 2 miles)
18 10 Carioca 10 Lunges	19 10 Squats Hop on 1 leg (30 seconds)	20 10 Carioca 10 Jumping Jacks	21 TASK CARD #1	22 10 Carioca 10 Lunges	23 10 Squats Hop on 1 leg (30 seconds)	24 NATURE WALK (Walk for 3 miles)
25 12 Carioca 12 Lunges	26 12 Squats Hop on 1 leg (45 seconds)	27 12 Carioca 12 Jumping Jacks	28 TASK CARD #2	29 12 Carioca 12 Lunges	30 12 Squats Hop on 1 leg (30 seconds)	

June Calendar - Keep kids active this summer with simple fitness activities that can be done at home with no equipment! Every Saturday they can enjoy nature with an outdoor exercise or activity, like gardening for National Gardening Week. Involve family too!

 Refer to Task Cards 1&2 on Page 4

 For Hop on 1 Leg exercise, repeat for each leg

Find the visuals & descriptions for each fitness activity below.



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June



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Jump Rope	<u>Bumble Bee Relay</u>	Hop Scotch	<u>Side Walk Chalk</u>	Circus Movement Cards	
	<u>Basketball Moves</u>	Blow Bubbles	Yoga With A Twist	Play Tag	<u>Hill Exercise</u>	
	Ride Bikes	Screen Free Day – No Screens At All Today!	<u>Scooter Boards</u>	Summer Yoga	Play At A Park	
	Nature Walk	<u>Camping Yoga</u>	Play Catch	<u>Paper Plate Balance</u>	<u>Balance With Stickers</u>	

Blue = Free Printable In The [Freebie Library](#) ([Join Here](#))

Green = Click on the Link to Learn More on the Website

July Activity Calendar

 JULY Activity Calendar 						
	1 shaving cream fireworks	2 firework salt painting	3 American flag collage	4 firework rings	5 freezy paint	6 cardboard painting
7 lava lamp experiment	8 constellation cards	9 coffee filter butterflies	10 summer agamograph	11 swimming jellyfish craft	12 DIY bouncy balls	13 hot rocks
14 giant bubbles	15 spray bottle art	16 lemonade play dough	17 summer doodle book	18 Lego fidget spinner	19 Kool-Aid window clings	20 balloon rockets
21 tie dye pillow case	22 nature names	23 bird feeder	24 ice excavation	25 twig boat craft	26 color scavenger hunt	27 fly swatter painting
28 ice cream play dough	29 outside sticky wall	30 sun craft	31 ice paints			teachingmama.org