

Summer Fun for Kids!



JUNE						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8 Strength Camp (Coudersport)	9 Kids Helping Kids (God's Food Pantry at the CMA Church Barn)	10 Strength Camp (Coudersport)	11	12	13
14	15 Strength Camp (Coudersport)	16	17 Strength Camp (Coudersport)	18	19	20
21	22 Food Fun (Emporium)	23 Food Fun (Emporium) Ziploc Greenhouse (Potter County Extension Office Classroom)	24	25 Food Fun (Smethport)	26 Food Fun (Smethport)	27
28	29 Speed & Agility (Emporium, Cole)	30				

JULY						
S	M	T	W	T	F	S
			1	2 Speed & Agility (Emporium, Cole)	3	4
5	6	7 Field Camp (Port Allegany Elementary School) Tots Open Gym (Emporium)	8 Food Fun (Coudersport) Tots Open Gym (Coudersport)	9 Food Fun (Coudersport) Field Camp (Cameron County High School Field) Tots Open Gym (Coudersport)	10	11
12	13	14	15	16	17	18
19	20 Northern Potter Nature Fun (Northern Potter School)	21 Northern Potter Nature Fun (Northern Potter School)	22	23	24	25
26	27	28 Summer Camp Bash (Coudersport)	29 RAIN DATE Summer Camp Bash (Coudersport)	30	31	

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Summer Fun for Kids!

FREE



Food Fun

Have fun with food science, food games, food creating, and healthy snacks. Go ahead, play with your food.

Ages: 7-13

June 22 and 23; 10:00 a.m. to 12:00 p.m.
UPMC Emporium Wellness Center
288 Sizerville Rd., Emporium

June 25 and 26; 10:00 a.m. to 12:00 p.m.
UPMC Smethport Wellness Center
83 S. Marvin St., Smethport

July 8 and July 9; 10:00 a.m. to 12:00 p.m.
UPMC Coudersport Wellness Center
1001 E. 2nd St., Coudersport

Kids Helping Kids

Volunteer at God's Food Pantry. Learn about healthy food choices and share a healthy recipe with families at the food pantry.

Ages 7 and up

June 9; 10:30 a.m. to 12:00 p.m.
God's Food Pantry at the CMA Church Barn
7 Alliance Ave., Coudersport

Strength Camp

Experience three workout stations: dumbbells/body weight, cardio, cybex/ plate weights. Individuals who attend all 4 sessions will gain a FREE gym membership during staff hours until August 10, 2026.

Ages 12-16

June 8, 10, 15, and 17; 1:00 p.m. to 2:30 p.m.
UPMC Coudersport Wellness Center
1001 E. 2nd St., Coudersport

Ziploc Greenhouse

Basic seed propagation/germinate seeds and watch them sprout.

Ages 7-13

June 23; 10:00 a.m. to 12:00 p.m.
Potter County Extension Office Classroom
7 Water St., Coudersport

Field Camp

Fitness is incorporated between three games: Flag Football, Soccer and Tug-of-War.

Ages 7-13

July 7; 10:00 a.m. to 11:30 a.m.
Port Allegany Elementary School
85 Clyde Lynch Drive
Port Allegany, PA

July 9; 10:00 a.m. to 11:30 a.m.
Cameron County High School Field
601 Woodland Ave.
Emporium, PA

Tots Open Gym

Free Play with foam workout equipment, mats, ball pit, blocks, etc. Let the little ones expel energy! Parents are welcome to hang out or welcome to get a workout themselves.

Ages 3-6

July 7; 10:00 a.m. to 12:00 p.m.
UPMC Emporium Wellness Center
288 Sizerville Rd., Emporium

July 8 and July 9; 10:00 a.m. to 12:00 p.m.
UPMC Coudersport Wellness Center
1001 E. 2nd St., Coudersport

Northern Potter Nature Fun

Explore the outdoors, learn about nature and stay active. Walk the paths behind the school, enjoying nature and the sense of peace it brings. Campers will also take part in a variety of outdoor activities on the track and surrounding areas.

Ages 6-12

July 20 and July 21; 10:00 a.m. to 12:00 p.m.
Northern Potter School
745 SR 49 Northern Potter Rd., Ulysses

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Speed and Agility

"This camp will provide children with speed and agility training and drills centered on becoming a well-rounded athlete and preventing injuries during a sport. Our plan is to set your child up for success by educating them on how to safely and effectively do things such as stretching (before and after exercise), jumping, changing direction, sprinting, and more. This camp is designed to be fun for your children all while educating them on ways to stay on the playing field and develop their skills as an athlete."

Ages 15-18 will be educated on the benefits of the "Cold Plunge" and given a chance to use.

Ages 7-14

June 29; 10:00 a.m. to 11:30 a.m.
UPMC Emporium Wellness Center
288 Sizerville Rd., Emporium

June 29; 1:00 p.m. to 2:30 p.m.
UPMC Cole Wellness Center
1001 E 2nd St., Coudersport

Ages 15-18

July 2; 10:00 a.m. to 11:30 a.m.
UPMC Emporium Wellness Center
288 Sizerville Rd., Emporium

July 2; 1:00 p.m. to 2:30 p.m.
UPMC Cole Wellness Center
1001 E 2nd St., Coudersport

Summer Camp Bash

Slip & Slide, Field Games, Obstacle Course, Cardio Drumming, Pizza, and much more.

All ages invited.

July 28; 1:00 p.m. to 3:00 p.m.
RAIN DATE; July 29; 1:00 p.m. to 3:00 p.m.
UPMC Coudersport Wellness Center
1001 E. 2nd St., Coudersport

What to Bring:

Wear comfortable clothes and shoes; bring sunscreen, and a water bottle.

Registration Form



Please fill out and drop registration form off at one of the UPMC Cole Wellness Center or register with the QR code.

If you have questions, call 833-546-4867

Provide your email for information about future camps:

Name of Child Participating:

Age

Camps your child will attend

Emergency Contact Name and Phone Number

Name and Phone Number of Person(s) Picking Child Up from Camp

Food Allergies
YES NO

Physical Limitations

Photo Permission of child

Signature

To receive a text reminder about your child's camp, please provide your phone number.