



MAYOR AND COUNCIL

AND THE RECREATION DEPARTMENT PRESENT



2015 GET FIT CAMP



A MONTH-LONG PROGRAM WITH HIGHLY-EXPERIENCED COACHES / TRAINERS, TRAINING ATHLETES FOR TOP-NOTCH STRENGTH, FLEXIBILITY, SPEED, BALANCE, CARDIOVASCULAR AND RESPIRATORY ENDURANCE, CONDITIONING AND COORDINATION DESIGNED TO HELP KIDS REACH PEAK FITNESS AND PERFORMANCE!

**FOR ALL KIDS AND ALL FITNESS BACKGROUNDS
AGES 9 - 11 and 12 - 17**

**LIMIT: ONLY 30 KIDS PER SESSION
DON'T MISS OUT!**

TWO FOUR-WEEK SESSIONS:

1ST SESSION: WEEKS OF JUNE 8, 15, 22, 29

2ND SESSION: WEEKS OF JULY 6, 13, 20, 27

M – F / 9 A.M. – 3 P.M. (8 A.M. drop off available)

ACTIVITY FEE PER SESSION: \$100

REGISTRATION FEE PER SESSION: \$400

**REGISTRATION STARTS MONDAY, MAY 4TH AT 6 P.M.
AT THE COMMUNITY CENTER**

ACTIVITIES AND TRIPS INCLUDE BOWLING, CANOEING, MOUNTAIN BIKING, ROCK CLIMBING, STRONGMAN GYMS, SEMINARS, NUTRITIONAL LECTURES, ETC.

FOR MORE INFORMATION

CALL THE RECREATION DEPARTMENT AT 305.805.5075

