



MAYOR AND COUNCIL

AND THE RECREATION DEPARTMENT PRESENT



2016 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 20 KIDS PER SESSION

DON'T MISS OUT!

TWO FOUR-WEEK SESSIONS:

1ST SESSION: WEEKS OF JUNE 13, 20, 27, July 5

2ND SESSION: WEEKS OF JULY 11, 18, 25, August 1

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

ACTIVITY FEE PER SESSION: \$100

SESSION FEE: \$400 (CAMP SHIRT INCLUDED)

REGISTRATION STARTS MONDAY, APRIL 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

