

Registration

Program tuition per session:

Members \$100

Non-Members \$120

Tuition includes all activities, daily snack, Fitwize 4 Kids T-shirt and water bottle. Additional siblings receive a 20% discount. A non-refundable deposit (towards tuition) of \$10 and \$25 is required at time of registration.

Registration begins April 6th!

Early bird discount of \$10
if registered prior to 4/30.

Complete tuition payment is due 2-weeks prior to the start of the camp session. You may register your child for multiple camp sessions.



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Healthy Lifestyle Centers
Just for Kids!

Summer Program 2008





Overview

Join Fitwize 4 Kids for a 'fit-tastic' Summer day camp! We'll have a blast learning how to stay fit and eat right. Here kids will meet new friends, build self-esteem, and boost athletic and academic performance! At Fitwize 4 Kids we make kids healthy and parents proud!

Come for one day, or all week long! Our camps are half-day programs, 9AM-Noon, with the option of Lunch and Learn from Noon-2pm. For \$10 more a day Lunch and Learn provides the camper with a nutritious catered lunch. Each day consists of an energetic circuit workout, a healthy snack, fun fitness games, a hands-on nutrition activity plus other fun activities! We'll also have an "Outdoor Fitness Fun Day!" at a local park, to be determined location.

Example of Daily Schedule

9:00 - 9:45AM	Circuit Work-out
9:45 - 10:15AM	Nutrition activity
10:15 - 10:30AM	Healthy Snack
10:30 - 12PM	Fitness stations / games e.g. Obstacle Course Challenge, Kick-boxing, Twister, Yoga
12:00 - 2:00 PM	Lunch and Learn (additional fee)

Camp Sessions

Rising 2nd – 5th graders	Rising 6th -8th graders
Week 1 6/16-6/20	Week 2 6/23-7/27
Week 3 6/30-7/03	Week 4 7/07-7/11
Week 5 7/14-7/18	Week 6 7/21-7/25
Week 7 7/28-8/01	Week 8 8/04- 8/08
Week 9 8/11-8/15	Week 10 8/18-8/22

Drop-off / Pick-up

Camp doors will open at 8:50AM each morning for drop-off. An authorized parent/guardian should pick-up each camper at noon. Late pick up fees may be applied to any camper left beyond noon.

Please note that our "Outdoor Fitness Day" will be on Thursday for each camp session. Drop-off and pick-up for that day will be at a to be determined location.



Refunds / Cancellations

The \$25 deposit is non-refundable. You may cancel for any reason up to 30 days prior to the start of camp.

Minimum class sizes apply for all camps and programs. Therefore, Fitwize 4 Kids reserves the right to cancel a camp session and provide you with a full refund.

What to bring / wear

Campers should wear comfortable clothing. We will be working out, so they will get sweaty! All campers are also required to wear closed toe shoes (e.g. gym shoes).

Campers should bring a water bottle each day (with their name on it). We will provide a daily healthy snack. There is no need to bring food unless your child has food allergies. In which case you may want to provide your own healthy snack.



SIGN UP TODAY!
336.776.3098

