



## FitKids 2024 Great Outdoor Summer Camp

Dear parents/participant,

It is with great pleasure that FitKids is offering full time summer camps for children registered into grade 2-6 for this upcoming school year. Our Summer Camp Program is geared towards fitness and requires no specific athletic ability in order to participate. Activities such as hiking, swimming, road hockey and outdoor exploration are just some of the activities that your child will experience while attending our camps. We have different themes each week that should appeal to a variety of children.

Participants will need proper gym apparel (indoor shoes) depending on the activity and parents are responsible for providing lunch and snacks for their child. Please see below our schedule and registration form.

If you have any questions please feel free to contact us at 454-2923 or by email at [contactfitkids@gmail.com](mailto:contactfitkids@gmail.com)

To register, please e-mail us your completed registration forms to [contactfitkids@gmail.com](mailto:contactfitkids@gmail.com). In order to secure your child's placement, their registration forms and payment are required prior to attending.

Eric Bissonnette

Owner/Operator

***Cost is \$185.00 per week***

***\*Participant who sign-up for 3 weeks or more will get a 20% discount for the 4<sup>th</sup> week on.***



## IMPORTANT THINGS TO BRING FOR THE WEEK

- Lunch and lots of snacks daily
- Water bottle
- **Bathing suit and towel**
- Indoor sneakers
- Proper footwear for hikes
- Sunscreen & Bug Spray
- Change of clothes
- Positive attitude
- Smile
- Enthusiasm

### Notes:

Please ensure that your child has a bag with change of clothes, bathing suit and towel every day. They will have the opportunity to swim/play in the water for some of our afternoon outings or on-site activities.

- Extra snacks are recommended!

*Activities are subject to change due to weather.*



## Fitkids 2024 Great Outdoors Camp Schedule (week of July 8<sup>th</sup>, August 5<sup>th</sup>)

Monday	Tuesday	Wednesday	Thursday	Friday
Arrival time – free time 8:00 a.m. to 9:00 a.m.	Arrival time – free time 8:00 a.m. to 9:00 a.m.	Arrival time – free time 8:00 a.m. to 9:00 a.m.	Arrival time – free time 8:00 a.m. to 9:00 a.m.	Arrival time – free time 8:00 a.m. to 9:00 a.m.
9:00 a.m. Fitness Class Circuit	9:00 a.m. Fitness Class – Outdoors - Cardio	9:00 a.m. Fitness Class Explosiveness	9:00 a.m. Fitness Class Agility	9:00 a.m. Fitness Fun Games
10:00 a.m. snacks	10:00 a.m. snacks	10:00 a.m. snacks	10:00 a.m. snacks	10:00 a.m. snacks
10:15 a.m. Outdoor or Indoor activities	10:15 a.m. Outdoor or Indoor activities	10:15 a.m. Outdoor or Indoor Activities	10:15 a.m. Outdoor or Indoor activities	10:15 a.m. Outdoor or Indoor activities
12:00 p.m. Lunch	12:00 p.m. Lunch	12:00 p.m. Lunch	12:00 p.m. Lunch	12:00 p.m. Lunch
1:00 p.m. Hanwell Rec Park	1:00 p.m. Killarney Lake Hike/Swim	1:00 p.m. Hike and water games O’Dell Park	1:00 p.m. Skyline Reading St Park Hike/Play/Scavenger Hunt	1:00 p.m. Fitkids Team challenges
4:00 p.m. Return to FitKids Indoor Activities/Pick up	4:00 p.m. Return to FitKids Indoor Activities/Pick-up	4:00 p.m. Return to FitKids Indoor Activities/Pick-up	4:00 p.m. Return to FitKids Indoor Activities/Pick-up	4:00 p.m. Return to FitKids Indoor Activities/Pick-up
Late Pick-up 5:00 p.m.	Late Pick-up 5:00 p.m.	Late Pick-up 5:00 p.m.	Late Pick-up 5:00 p.m.	Late Pick-up 5:00 p.m.

- **Activities may change depending on the weather**
- If you need to pick up your child between 1:00 p.m. and 4:00 p.m. it is your responsibility to make arrangements with our staff to pick-up your child at our outing location.

- **August 5<sup>th</sup> week is a 4 day week (not open on Monday August 5<sup>th</sup>).**