



## FitKids 2024 Survivor 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 Survivor Camp Schedule (Week of August 19<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 – Outdoors - Cardio	9:00 a.m. Fitness Class - Explosiveness	9:00 a.m. Fitness Class-Plyometrics	9:00 a.m. Team Challenges	9:00 a.m. Fitness Fun Games
10:00 a.m. snacks	10:00 a.m. Lunch	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. Survivor Prep – Teams – Poster competition – Team building	1:00 p.m. Survivor Hike	1:00 p.m. Survivor Challenge	1:00 p.m. Survivor team relay races	1:00 p.m. Survivor final challenge
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.