*F * I * T

Fitness Expert * In * Training

KID

Summer Camp 2009

Session I – June 22– June 26 Session II – June 29- July 2 Session III – July 13 – July 17

Come join Coach Karen Foster and Coach Russ Smith at their F*I*T* KID Summer Camp! The camp will be located at Sts. Simon & Jude Catholic School and each session offers 5 days (3 ½ hours per day) of fitness, instruction and FUN! Both instructors have Masters Degrees in Physical Education and have taught extensively over the past twenty years. Their goal at camp is to introduce proper skill techniques, and to instill in our youth the enjoyment of staying active!

F*I*T* KID Summer Camp will focus on various skills including throwing, catching, kicking, batting, jumping, ball skills, balance and motor skills. The children will participate in rope activities, parachute play, obstacle courses, and a variety of other fun activities. The importance of eating healthy and the need to "move around and exercise" will be discussed with the children. Healthy snacks will be provided daily!
As the children will be participating in activities involving water, please send a towel with your student. It is also imperative that the children bring sunscreen.

There are three sessions of *F*I*T* KID Camp:

Session I: Monday, June 22nd through Friday, June 26th (5 days) - $100.00
Session II: Monday, June 29th through Thursday, July 2nd (4 days) - $80.00
Session III: Monday, July 13th through Friday, July 17th (5 days) - $100.00

****All sessions are from 8:30 a.m. until 12:00 noon ****

F*I*T* KID Camp is open to students entering the 1st, 2nd, 3rd, 4th or 5th Grade in Fall 2009 whether they attend Sts. Simon & Jude School or not.

REGISTRATION FORM AND $100.00 FEE MUST BE RETURNED TO THE SCHOOL OFFICE BY THURSDAY APRIL 30TH . After this date, the fee increases to $125.00.

Registration Form for F*I*T* Camp 2009
(Detach and send to school office. Make checks payable to Sts. Simon and Jude School)

Please check the appropriate session:

Session I (June 22ND -June 26TH) _____ 5 days- $100.00
Session II (June 29th – July 2nd) ____ 4 days- $80.00
Session III (July 13 – July 17th) ____ 5 days- $100.00

Participant's Name:_____Age:_____Grade (Fall 2009):_____
Address:_____City:_____Zip:_____
Home Phone:_____Work Phone:_____Cell Phone: _____

LIST OR CIRCLE ANY MEDICAL CONDITION YOUR CHILD HAS: * Asthma *Diabetes
Allergies/Food Allergies (please list):_____
Previous injuries/Physical limitations/Conditions (please list):_____
_____

Every participant receives a FREE *F*I*T* Camp T-shirt! Please indicate size:
Youth S_____Youth M_____Youth L_____Adult S_____ Adult M _____

The above participant has my permission to participate in *F*I*T Camp:
Parent/Guardian_____Date:_____