



# Kid's Summer Fitness Camp

To educate and encourage kids in fitness and nutrition and to offer a **FREE** camp that builds self-esteem and a healthy lifestyle.

## What to expect at JRD Summer Camp

- **Daily Nutrition Classes**
- **Daily Fitness Classes-** Kickboxing, CrossFit Kids, Zumba, Hip Hop, Personal Trainers, Self Defense, Gymnastics
- **Cooking Classes-** Smoothie contests, whole grains, sprouting, breads, beans, whole food cooking
- **Enrichment Classes-** Science, wildlife, crafts, biology, recycling, etc.
- **Kid's Garden Space-** Weeding, watering and harvesting food to eat during camp
- **Fieldtrips-** Dierke's Lake, Baker Lake, Oregon Trail Hike (Hagerman), Fire Dept., Hilex Poly, Brett Thompson Motorsports
- **PE Games and Daily Swimming**
- **Daily Group Exercise Classes**

**Camp runs 4 weeks (July 3- July 28) every day, Monday-Friday (9am-2pm).**

**130 kids will be chosen for camp based on their need for this camp and their application letter.**

## Sample Daily Schedule

9:00am-9:15am- Warm-up

9:15am-9:45am- PE Games

9:45am-10:15am- Nutrition Class

10:15am-10:45am-Enrichment and Learning

10:45am-11:30am-Water or Outside games

11:30am-12:15pm-Lunch

12:15pm-1:00pm-Exercise class

1:00pm-2:00pm-Swimming