

JRD 2022 KIDS SUMMER FITNESS CAMP

JULY 5th – JULY 21st

AGES:8yrs-12yrs

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



WHAT CAN YOU EXPECT?

- Daily Nutrition Classes
- Daily Fitness Classes
- Cooking Classes
- Enrichment Classes
- Fieldtrips
- PE Games
- Teambuilding games
- Daily Swimming
- Weekly Theme Days

**There will not be a campout
this year.**

50 kids will be chosen for camp based on their need for this camp and their application letter. Have your child write a letter explaining why they should be chosen. Drop it by the office by May 20th or mail it to JRD PO BOX 289 Jerome, Idaho

Office 208-324-3389

Sample Daily Schedule

9:00am-9:10am - Warm-up	10:45am-11:30am - Water or Outside games
9:10am-9:30am - Team Games	11:30am - 12:15pm-Lunch
9:30am-10:15am - Stations	12:15pm - 1:00pm - Exercise class
10:15am-10:45am - Nutrition Class	1:00pm-2:00pm - Swimming