

JRD 2023 KIDS SUMMER FITNESS CAMP

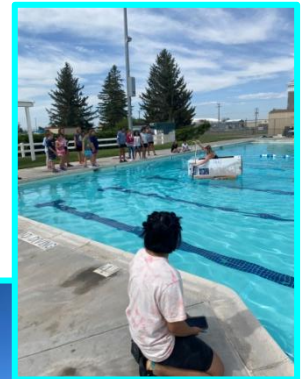
JULY 3rd – JULY 21st

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



75 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 by the camp board. Drop it by the office by May 30th or mail it to

JRD PO BOX 289

Jerome, Idaho Call 208-324-3389

Sample Daily Schedule

9:00am-9:10am - Warm-up	10:45am-11:30am - 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