



Kids Fitness and Fun Camp 2024

Three Easy Steps

1. Fill out form (electronically or print)
2. Email completed form to info@4lifefitness.info or drop off at 4Life Fitness (50 King St. East)
3. Pay invoice by payment of choice once received to preferred email

Objective

The objective of the Kids Fitness and Fun Camp is to provide an active, social and motivational environment for child's ages 6-12 while offering recreational physical activities to introduce them to fitness and keep them moving.

Camp Cost

- 1 Week Only - \$350.00 + tax; or
- Full 3 weeks - \$900 + tax

*4Life Fitness Members receive discounted pricing, contact zachbenson@4lifefitness.info.

Camp Overview

Monday through Friday 8 am to 3 pm at 4Life Fitness (50 King St. East). *Option for early and or late drop-off/pick up available - \$5/half hour. Contact zachbenson@4lifefitness.info to arrange.

Upon arrival and departure from the camp, you will be asked to initial beside your child's name.

Snacks included (fruit, granola bars, freezies, water and gatorades, etc.) **Bring your own lunch.**

Day 1 – 15 - 30 min spin bike and morning wake up games followed by movement session day part 1: learn to run, jump, squat, footwork, body weight exercises, recovery. Fun games mixed in throughout.

Day 2 – 15 - 30 min spin bike and morning wake up games, movement and athletic development skills in the morning, walk to basketball court for the afternoon to learn and play basketball.

Day 3 – 15 - 30 min spin bike and morning wake up games, morning movement and athletic development skills. Walk to commonwealth for the afternoon, play soccer, football, capture the flag.

Day 4 – 15 - 30 min spin bike and morning wake up games, movement session day part 2: continue development on running, jumping, squatting, footwork, body weight exercises, recovery. Fun games mixed throughout.

Day 5 – 15 - 30 min spin bike and morning wake up games, walk to St Lawrence Park, beach day, swim, water games, etc.

Week Selection (Circle or highlight the week(s) you wish to register for)

- July 8 – 12**
- July 15 – 19**
- July 22 – 26**



Child And Parent/Guardian Contact Information

Child Name: _____ Date of Birth: _____ Age: _____
 Name of Parent/Guardian: _____
 Parent/Guardian Email: _____ Parent/Guardian Phone: _____
 Address: _____
 City: _____ Province: _____ Postal Code: _____

Emergency Contact
 Emergency Contact Email: _____ Emergency Contact Phone: _____
 Address: _____
 City: _____ Province: _____ Postal Code: _____

Waiver of Liability

As the parent/guardian of my child, I provide permission for my child to participate in the full range of camp activities, unless I notify you otherwise. I understand that activities listed above can result in physical injury to my child but nonetheless request that he or she be allowed to participate in those activities.

Emergencies

I authorize the Camp Councillors, in the event of accident or illness affecting my child, to administer procedures as deemed essential for the care and well-being of my child. Such action is to be taken only when immediate contact with the parent/guardian or emergency contact cannot be made.

Media Release (optional)

As the parent/guardian of my child, I give permission for free use of my child’s picture in any/all media related to the 4Life Fitness Kids Fitness and Fun Camp.

Food Allergies and Other

Snacks will be provided during the camp. Please let us know if your child has a food allergy.

___ No, my child has no known food allergies

___ Yes, my child is allergic to: _____

Please list any injuries or ailments you would like us to be aware of: _____

Signature of Parent/Guardian _____ **Date** _____