

**FIT KIDS SUMMER CAMP**

**When:** July 9-13, 2018 **Where:** Ledge’s Sweat Shop **How much:** $30

10:30am-noon daily 315 S. Bridge St. (includes the camp

Grand Ledge, MI 48837 fee and a t-shirt)

**What:** A week long camp geared towards children in grades 1st-6th to introduce them to different types of exercise classes and teach them the importance of lifetime fitness, healthy nutrition, and positive body image.

* Monday July 9 – **Strong and Fast** with Patty Sanchez
* Tuesday July 10 – **Dance Party** with Amanda Hengesbach
* Wednesday July 11 – **Yoga** with Celine Smith
* Thursday July 12 – **Fit with Friends** with Nikki Racine
* Friday July 13 – **Pound** with Ali Cosgrove and Erica Nguyn

*Please return bottom portion with payment by June 22nd.*

Name of child:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade:\_\_\_\_\_\_\_\_\_\_\_ T-shirt size (YXS – AXL)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any allergies or medical conditions:

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Emergency contact during camp time (Name and phone #):

* Can pay with cash or check (payable to Ledge’s Sweat Shop) and can be sent to above address or dropped off to the Sweat Shop during any of our scheduled class times.
* A waiver will need to be filled out for each participant by a parent or guardian on the first day of camp. You can print one out from our website or there will be some available there on the first day.